

BBC

goodfood

March 2023
DHS15

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Middle East

CELEBRATE MUM

Impress her with a scrumptious dessert

- Lime meringue pie
- Cherry Bakewell crêpe cake
- Blackberry Victoria sponge



*Elevated
comfort-food*

COOK SMART

Hassle-free meals made
with kitchen appliances

Easy entertaining

Whip up a homemade version of takeaway classics

CPI

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Welcome!

This month sees Mother's Day on March 21st and we have delectable desserts in this issue to impress mum and mummy friends in your life. Read through for impressive treats that are ideal for the celebration, and tuck into our cover star, Lime meringue pie – a delish bake apt for afternoon tea with the ladies, too.

With the holy month starting towards the end of March, we have plenty of recipe ideas ahead of our dedicated Ramadan issue in April. Look for Iftar and Suhoor specials amongst our recipe features, so you're well prepared when entertaining friends and family over elaborate gatherings at home. Food waste tends to double during Ramadan, which is why you can also find ways to get creative with leftovers (p16) if you aren't donating surplus meals within your community or to food banks.

The March issue also presents one-pan dishes (p32), elevated everyday classics (p41), fakeaway meals (p56) and scrumptious cakes from *Bake Off* winner Peter Sawkins (p71). The latest news in the region will keep you up to date, while our selection of restaurant openings and menus to try, alongside restaurant reviews, are sure to serve as inspiration for your next dining experience.

Happy Reading!



Nicola Monteath
Editor

These are a few of
our favourite dishes...



I love cosying up with comfort food on a Friday night. This Warming beef stew with cheese scone dumplings ticks all the boxes for a feel-good meal.

Liz Smyth, Group Sales Director



I've never made Pad Thai as it seems quite labour-intensive but this under 15-minute King prawn Pad Thai recipe looks delightful and easy enough to tackle.

Blanche D'mello, Assistant Editor



I enjoy embracing Ramadan and hosting a gathering for friends every year. These Cumin & paprika mutton chops with chickpeas will definitely be part of my Iftar spread.

Gill Fairclough, Sales Director

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Contents

* UPDATE

4 YOUR SAY

Find out if you won the Star Letter prize.

6 NEWS NIBBLES

The latest in culinary news across the GCC.

9 FLAVOURS OF THE MONTH

Take your pick from our roundup of new
restaurants and menus to try across the
region.

12 TRIED AND TASTED

Two new venues to dine at this month.

14 COOKING PROJECT

Baking tips and a delish Banoffee recipe.

16 8 WAYS TO GET CREATIVE WITH LEFTOVERS

Whether you have leftovers from dinner or
your Iftar spread from the evening before,
find smart ways to avoid food wastage.

* EASY

20 MIDWEEK MEALS

Quick and simple meals for two.

26 MAKE THE MOST OF YOUR GADGETS

Innovative ways to use your appliances
for hassle-free weekday meals.

32 FLASH IN THE PAN

One-pan dishes that are big on flavour.

36 VEG BOX STAR

This gorgeous Red onion tarte tatin will steal
the limelight at your next al fresco gathering.

38 REDUCE WASTE

Give dishes new life by using surplus
ingredients from your pantry.



20

★ WEEKEND

41 ELEVATE YOUR EVERYDAY

Get inspired and give your daily meals the oomph it deserves. Find hearty suppers and a weekend bake that's apt for brunch.

52 TOM KERRIDGE

Impress mum or a mum friend this Mother's Day, with this scrumptious Lemon meringue pie.

56 HOMEMADE HEROES

Skip ordering takeaway and make these classic dishes with a nutritious spin – it's easier than you think!

62 ENTERTAIN WITH EASE

Gatherings at home will be all the more fun with these weekend specials.

68 NEXT LEVEL

Give your Steak sandwich the extra love it needs with these tips and ingredient additions.



56

★ FAMILY

71 GET THE PARTY STARTED

These indulgent bakes are perfect for children's birthday parties, or just a homemade afternoon treat with the family.

77 CELEBRATING RAMADAN

Food writer Mars Elkins-El Brogy shares everything you need to know about Ramadan along with her favourite spring recipe for Iftar.

79 KIDS' KITCHEN

Follow the fourth part of our cooking series.



88

★ HEALTH

86 5 HEALTHY IDEAS

Delicious ways to implement super seeds in your meals.

88 HEARTY AND WHOLESOME

One-pot dishes and nourishing plates to amp up your nutrient intake.

★ GOURMET LIFESTYLE

94 THE SUITE LIFE

Escape to Marriott Resort Palm Jumeirah for a seaside staycation.

★ COMPETITIONS

99 Gift vouchers, meals and plenty more.



Our recipe descriptions

V Suitable for vegetarians.

❄ You can freeze it.

❄ Not suitable for freezing.

Easy Simple recipes even beginners can make.

A little effort These require a bit more skill and confidence – such as making pastry.

More of a challenge Recipes aimed at experienced cooks.

Low fat 12g or less per portion.

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.

Vit C **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients.

GLUTEN FREE Indicates a recipe is free from gluten.

Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:

P Contains pork.

gf YOUR SAY

We love hearing from you!



STAR LETTER



Having recently found out that I'm having another baby, an issue packed with budget cuts for cooking, supermarket swaps to help save money and various tips to reduce food waste was a pleasure to read. The Midweek meals feature is always a lifesaver, as a working mum, to vary up those after-school dinners! The added bonus of having so many quick 'microwave marvels' and one-pot wonder recipes to

choose from was also so handy. My eldest daughter loved the 'Love your Lunchbox' section - the pepperoni pizza rolls were a particular favourite. This has probably been the issue we've been most spoiled with, as so many of the recipes included staples we already had in our cupboards. The batch of Spiced lamb burgers froze well and will certainly become a staple in our household. Thank you again for a jam-packed edition, making things a little easier (and tastier) for us this month!

Samantha OBrien



What I enjoyed the most is the recipe for Braised beef cottage pie with M&S trimmings, because my wife is pregnant and she loves anything with beef, so I'm constantly searching for new recipes to impress her.

Saed Almassri



Since I've been living in Dubai, I've regularly referred to the BBC Good Food Middle East website for tasty recipes. I'm never disappointed with the website or my books, which I return to weekly for inspiration when meal planning. However, I feel like I've missed out on so much as I was not aware I could download the magazines. Not to

dwell on what I've missed, I will now be excited for next month's issue! Currently prepping the breakfast bars full of goodness and half way there with the chicken thighs three ways! Delighted I found the magazine and to share delicious food with the family over the coming weeks.

Rhiana Courlander

WIN!

A LUXURY FAMILY STAYCATION AT HILTON RAS AL KHAIMAH BEACH RESORT, WORTH OVER AED1,500






Enjoy a family staycation for two adults and one child inclusive of a grand breakfast and private beach access at this family-friendly resort in Ras Al Khaimah. One lucky winner stands the chance to win a stay at the Junior Suite Beach Access Villa equipped with all the amenities you need for the perfect getaway.

To send in your Star Letter and win this prize, visit the Competitions page on bbcgoodfoodme.com



TALK TO US!

Email us on feedback@bbcgoodfoodme.com with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on:      @bbcgoodfoodme

Or, you could write to us at: The Editor, BBC Good Food Middle East. Office 1307, DSC Tower, Dubai Studio City, Dubai, United Arab Emirates, PO Box 13700.



European Fruits: the essential and healthy nutritional choice

Juicy, crunchy and sweet, with bright colors and rich aroma: the balance of nature contained in a fruit, from the trees of the Greek orchards to your table!

The cultivation of fruit trees has been flourishing in Europe for centuries, and it is intertwined with the culture and life of the Mediterranean people. The microclimate of the area with its mild temperatures, the sufficient rainfall and the abundant sunshine offers the ideal conditions, influencing in the best way the quality of the fruits produced in the area.

The experience of the people who are working in fruit production, combined with the modern scientific methods and the strict standards of quality and control applied in Europe, ensure a safe product on your plate, of high nutritional value and unique quality. During the cultivation and production of European fruits, all legal requirements and safety and hygiene standards of the national standards and international quality protocols (certified by AGRO 2, GLOBALGAP, BRC, IFS and ISO 22000) are fully adopted and implemented.

Apples, Kiwis, Peaches, Nectarines and Cherries from Europe, produced in Greece: add the ultimate healthy habit to your daily diet!



Apple Cinnamon Muffins

INGREDIENTS FOR THE BATTER

2 cups All-Purpose Flour
1 tsp. Ground Cinnamon
1 tsp. Baking Powder
1/2 tsp. Baking Soda
1/2 tsp. Kosher Salt
1/2 cup (1 Stick) Unsalted Butter, softened

1/4 cup Granulated Sugar
1/4 cup Packed Brown Sugar
1 large Egg
1 tsp. Pure Vanilla Extract
1 cup Milk, preferably whole
1 large Granny Smith Apple, peeled, cored, and chopped

FOR THE CRUMB TOPPING

1/2 cup (1 stick) Unsalted Butter, melted and cooled slightly
1/4 cup Packed Brown Sugar
2 tbsp. Granulated Sugar
1 1/2 tsp. Ground Cinnamon
Pinch Kosher Salt
1 cup Plus 2 tbsp. All-Purpose Flour

DIRECTIONS

1. Make the batter: Preheat oven to 350°F with a rack in the middle position; line 2 standard muffin tins with paper liners. In a medium bowl, whisk together flour, cinnamon, baking powder, baking soda, and salt.

2. In a large bowl using a hand mixer or in the bowl of a stand mixer fitted with the paddle attachment, beat butter and sugars together on medium speed until creamy. Add egg and vanilla and beat to combine. Scrape down sides of the bowl to make sure all is evenly incorporated. Add dry ingredients and beat on low speed until just a few dry streaks remain. Add milk and beat to combine. Fold in apples. Fill liners $\frac{3}{4}$ full with batter (you should get about 15).

3. Make the topping: In a medium bowl, combine melted butter, sugars, cinnamon, and a pinch of salt. Mix in flour until large crumbs form. Divide crumbs evenly over muffins.
4. Bake until a toothpick inserted in the middle of a muffin comes out clean, 20 to 22 minutes. Let cool slightly before serving.



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NEWS *nibbles*

What's hot and happening in the culinary world, in the UAE and across the Middle East



THE TEA EXPERIENCE

Certified tea sommelier Haiya Tarik now takes guests on a voyage to discover the finest Japanese and Chinese teas through HAIYATEA's Asacha (translates to "tea you have in the morning," in Japanese) classes. Taste an extensive range of white, green, oolong and Puerh teas, served alongside a Japanese breakfast. Guests can immerse themselves in chaya ("the art of drinking tea") and cha wenhua ("tea culture") and find their very own Cha Qi as they sample side-by-side comparisons. Attendees will also learn how to brew the perfect cup at home.

Visit haiyatea.com/collections/experiences.



In a one-of-a-kind partnership with KAYALI fragrance founder Mona Kattan, Margaux at Jumeirah Mina A'Salam's pastry boutique unveiled a collection of desserts that stems inspiration from the latest range. Bridging patisserie and perfumery, Executive Pastry Chef Alexandre Dufeu has curated three exquisite cakes using ingredients commonly used in both worlds, presented in the shape of the brand's iconic fragrance bottles. Indulge in Invite Only Amber featuring chocolate mousse, with a touch of cherry and smokiness, Eden Juicy Apple (a fusion of juicy red apple, sweet berries and a silky frosting) and Vanilla Royale Sugared Patchouli (delicately flavoured vanilla and tonka bean dessert with notes of crème brûlée and brown sugar).

Visit margauxpastryboutique.com or call +97158 601 7474.

THE BEST BITES



STAY TUNED!

White Hospitality is set to unveil six new dining concepts in Abu Dhabi over the course of 2023. The strategy includes the launch of five flagship fine-dining outlets - Dangereux (Mamsha, Saadiyat), White Izakaya (Yas Mall), White Smoke Steakhouse (Al Seef Walk), Day and Nite (Al Seef Walk), and Provador (Reem Island). Each will offer a unique fine-dining experience, inspired by the founder's passion for cuisines from around the world. Additionally, the brand is on a mission to forge a new standard in the GCC food and beverage industry by fusing commerce and sustainability. With the establishment of White Farms (a 52-greenhouse organic farm in Al Ain), diners are in for a farm-to-table experience across venues.

Introducing Caleño



UK drinks brand Caleño tropical non-alcoholic spirits has launched in the UAE at Spinney's. Caleño brings joy to summer mocktails with sun-drenched drinks inspired by the vibrant flavours of Colombia. Not only are these alcohol-free, the beverages are also sugar- and gluten-free, low in calories and vegan-friendly. The dual range includes Dark & Spicy; best served with ginger ale over ice, garnished with a wedge of lime, and Light & Zesty - distilled with a unique mix of citrus, Inca berry and pineapple, best consumed with tonic over ice, garnished with a wedge of fresh pineapple.

From AED78 for 500ml at Spinney's.

RAMADAN READY

Spruce up your table setting for Iftar and Suhoor gatherings at home



West Elm's Ramadan collections, Sama and Jothoor, comprise minimalistic dinnerware pieces featuring metallic touches and intricate Arabesque patterns. Decorate with glassware, candles and sparkling lanterns for a warm, inviting touch.

Visit westelm.ae/en/shop-ramadan.



Pottery Barn's Jenna collection aims to create a "heavenly" ambience for the holy month, infusing a bold yet feminine presence to dining tables. Each piece is adorned in stunning blue, gold and jewelled tones including the trays, tableware and ornaments.

Visit potterybarn.ae/en/.



EXPERIENCE RAMADAN AT SOFITEL DUBAI DOWNTOWN

Discover an array of culinary offerings for Iftar and Suhoor at the five-star hotel's spectacular dining venues

Sofitel Dubai Downtown invites you to its incredible Iftar experiences during the Holy Month. From a lavish multi-cuisine feast in a laid-back dining setting to an unforgettable poolside experience, tuck into specially curated menus against the picturesque backdrop of the iconic Burj Khalifa.

A FAMILY-FRIENDLY IFTAR AT LES CUISINES

Embark on an international culinary tour at Les Cuisines with a remarkable buffet, which pays homage to the great explorer Ibn Battuta and his adventures. Ideal for family, large groups, and corporate dinners, diners can expect a range of flavourful delicacies from North Africa, Turkey, Iran, India, Sri Lanka, and Southeast Asia across a selection of the restaurant's buffet stations.

Time: Sunset to 10pm

Price: AED250 per person, AED125 for children aged 7 to 12 years old, and those under 7 dine for free.

IFTAR UNDER THE STARS

Savour the special moments with a poolside Iftar concept, serving authentic street food amidst a calming ambience, resembling the region's renowned old and new souks. Inspired by the spirit in the heart of Istanbul, Marrakesh and Tehran, the venue is the ultimate destination to visit with friends and family, for an enchanting cultural and historical journey filled with delectable, authentic dishes from the MENA region.

Time: Sunset till Suhoor

Price: AED145 per person, AED70 for children aged 7 to 12 years old, and those under 7 dine for free.



Flavours of the *month*

What's hot and happening
around town this month

LA MAR

Helmed by renowned celebrity Chef Gastón Acurio, immerse yourself in the authentic and diverse flavours of Peruvian gastronomy, nestled within the ultra-lavish Atlantis The Royal. The dining venue celebrates the vibrant spirit and culture of Peru with an array of dishes - from traditional seafood ceviche and tiraditos to whole fish cooked in a charcoal-fired oven and the traditional street food, anticuchos.

Contact +9714 426 2900.



AT.MOSPHERE

Perched on the 122nd floor of the Burj Khalifa, the revamped At.mosphere boasts a sprawling restaurant, lounge and bar for visitors to indulge in a series of French-inspired delicacies and signature beverages. At the lounge, discover extensive à la carte and sharing menus, coupled with the venue's welcoming ambience featuring burgundy and midnight blue-themed interiors. At.mosphere serves breakfast, lunch, high tea, and dinner with a menu featuring Foie gras, Billionaire sliders, Braised wild mushrooms, oysters on ice, Wagyu 9+ tomahawk, Blue lobster, and plenty more.

Contact +9714 888 3828.



LA MAR



FOUQUET'S DUBAI

Calling all discerning diners to the scene as Fouquet's Paris has launched another outpost here in the UAE. Renowned for its iconic venue in Paris on Champs Elysées and locations across New York, Cannes, Courchevel, Saint Barth and Abu Dhabi, the destination will now be at the heart of Downtown Dubai on Burj Plaza. Fouquet's Dubai hosts a unique four-story experience featuring a pâtisserie, bar, brasserie, private dining room, and a rooftop terrace offering unparalleled views of the iconic Burj Khalifa and Opera District. Look forward to signature dishes such as Frog legs with Poulette sauce, Roasted veal carpaccio with red beetroot mousseline and Raifort cheese, and a Sea bass filet with white butter sauce, white cabbage and dill, amongst other specialities.

Email reservations-dubai@fouquets.com.

NETSU



Gear up for Dubai's first authentic Warayaki-style brunch at this Japanese steakhouse. Tuck into the newly launched brunch set menu featuring Salmon tacos, Warayaki tuna tataki, Korean fried chicken, Spicy miso Chilean seabass, and Australian wagyu ribeye, while dining in a unique Kabuki-inspired theatrical

setting or al fresco on the grand terrace.

AED450 per person. Contact +9714 777 2232.

BOMBAY BRASSERIE



This Ramadan, experience the flavours of India at Bombay Brasserie with a specially curated menu inspired by the Silk Route and royal kitchens of the Mughal empire during their rule between the 16th and 19th centuries. Break your fast with a selection of dates, karkade tea, and laban followed by dishes such as Murgh malai

kebab, Ajwani fish tikka, Hyderabad haleem (lamb stew with pounded wheat), Kuli falooda, and plenty more.

Sunset-9pm. AED195 per person. Contact +9714 438 3134.

ARMANI HOTEL

Discover a contemporary dining experience under the stars with Iftar at Armani/ Pavilion. Enjoy your meal al fresco and embark on a cross-cultural culinary voyage featuring a buffet of seasonal and signature dishes such as Chinese chicken salad, Stir-fried beef with ginger and black bean sauce, Mushroom arancini, and more from the award-winning restaurants. Resident oud and tabla musicians will also be providing soothing tunes during the fine dining experience.

Until April 22. AED365 per person. AED185 for children aged 6 to 11 years old. Children five and under dine for free. Contact +9714 888 3601.

BELGRAVE ABU DHABI



Diners can make a beeline for the new dining venue in the capital to indulge in authentic Persian flavours with a blend of Eastern and Western cuisines. The London-born

restaurant's latest outpost draws inspiration from the Silk Road that connected India and Persia, and is showcased through its modern interiors inspired by the British and Persian royal families, adorned with chandeliers, marble floors, and Persian rugs. Menu highlights include Saffronchini, Kofta tabrizi, Avocado tartare and Kabab koobideh.

Contact +9712 584 8383.



MASTI

After the closure of its La Mer location around the end of 2022, Masti is back at The Dubai EDITION and is ready to invite diners to its all-new dining venue, where modern and traditional flavours meet. Paying home to Indian cuisine, the menu is brimming with all-time classics such as Tandoori chicken bao, Tuna bhel tartare and Malabar Fish, as well as new additions that include Watermelon bhakri, Ghee roast bone marrow, and Beef vindaloo.

Visit mastidubai.com.

🍴 NOZOMI

The award-winning contemporary Japanese concept from London will soon be opening its doors at Al Olaya in Riyadh. Nozomi has gained celebrity recognition over the years from the likes of Rihanna, Jay Z, and Lewis Hamilton, to name a few, for its exquisite culinary offerings. With several cities added to its ever-growing portfolio featuring Doha and Al Khobar, expect a range of gourmet experiences and indulge in signature dishes such as the Yellowtail sashimi, Black cod, Chicken binchotan, Braised Angus short ribs, and Wagyu Sando, amongst other specials.

Visit nozomiksa.co

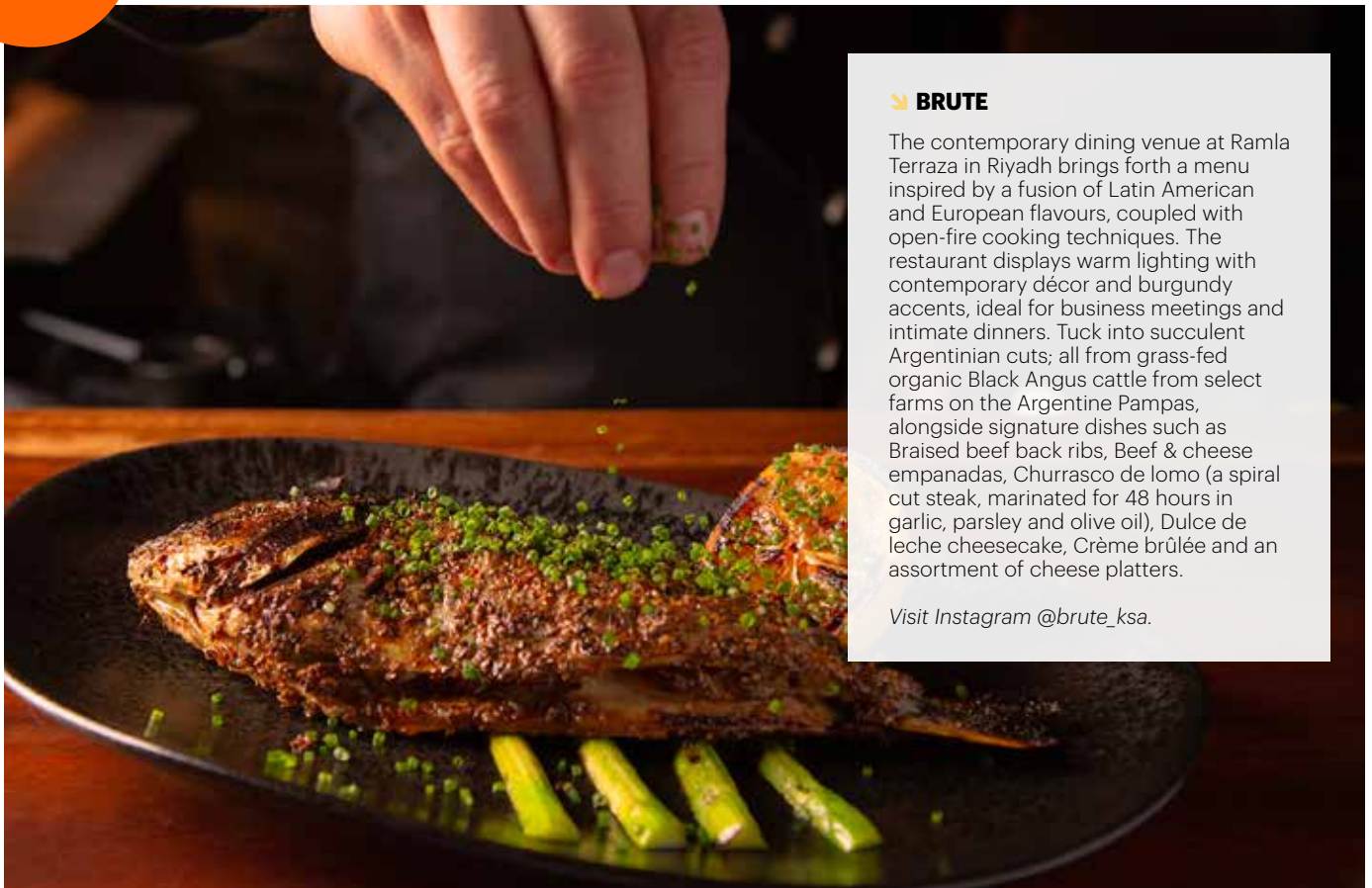


GCC

🍴 BRUTE

The contemporary dining venue at Ramla Terraza in Riyadh brings forth a menu inspired by a fusion of Latin American and European flavours, coupled with open-fire cooking techniques. The restaurant displays warm lighting with contemporary décor and burgundy accents, ideal for business meetings and intimate dinners. Tuck into succulent Argentinian cuts; all from grass-fed organic Black Angus cattle from select farms on the Argentine Pampas, alongside signature dishes such as Braised beef back ribs, Beef & cheese empanadas, Churrasco de lomo (a spiral cut steak, marinated for 48 hours in garlic, parsley and olive oil), Dulce de leche cheesecake, Crème brûlée and an assortment of cheese platters.

Visit Instagram [@brute_ksa](https://www.instagram.com/brute_ksa).



Tried & *tasted*

Our top dining experiences this month



SURF CLUB

As you step into this beach bar, restaurant and boutique housed in one space at Palm West Beach, you may get a feeling of familiarity. Formerly Aprons and Hammers, this beach club is still operated by the same team, now showcasing a fresh menu, a monthly line-up of visiting DJs and events, sunset sessions and much more. The sprawling dining area features multiple bars plonked across the venue, from the restaurant to the sandy terrace complete with private cabanas, loungers and breezy beach vibes. Elements like wood add an earthy touch, while pops of oceanic hues, soft linens, rattan and wicker accessories exude warmth at this idyllic beach club.

The highlights

While our favoured buckets of sauce-laden crustaceans are no longer on the menu, the culinary offerings are still seafood-driven, now featuring lighter

bites from the raw fish and seafood ice display that you can glance at as you enter. We began our afternoon with starters, whetting our appetites with battered Firecracker prawns in a moreish romesco sauce followed by steamed local Pepper clams doused in a simple olive and flavour-packed pepper dressing.

Mains include Hokkaido A5 Wagyu and lamb chops from the Josper oven, alongside pasta for those who want a more substantial meal. Since we wanted to bask in the sun and enjoy the slight breeze from the beach, we shared fresh sashimi – otoro and yellowtail (Hamachi). Three pieces of each type were served, with every bite enhancing the fattiness of the fish with a hint of sweetness.

As the temperature started to soar, we moved to the dining space enclosed with large umbrellas, for lunch. The Catch of the day was our choice of mains, featuring a 170g fillet of grilled seabass served with vegetables and Provençal sauce. We weren't in the



mood for a decadent course, but the Saffron risotto came in highly recommended and didn't disappoint. Rich and perfectly balanced, the risotto cooked in mascarpone and parmesan turned out to be the perfect accompaniment to the fish.

Left with barely any space for desserts, my dining partner and I shared the delectable Chocolate fondant hours after lunch, while relaxing on a sun lounger, tucking into a decadent dish with espresso before departing.

Book now

Contact +9714 589 5444 or visit surfclubdubai.com.



JOSETTE

1920s Parisian grandeur mesmerizes diners at this fine dining venue at DIFC. Josette, the brainchild of London-based artist and interior designer Luke Edward Hall, takes on the character of a spirited, elegant woman, inspired by French film actress Josette Day.

Upon first glance, diners will notice the space divided into two sections - the right boasting an up-close view of the grand stage and the bustling kitchen, while the left showcases a laid-back dining approach - the latter ideal for an intimate dinner. The star of the show is undoubtedly the interiors, from hand-made ceramics and mounted paintings to vibrant hues incorporated and mirrored ceilings, Josette truly is a site to marvel at.

The highlights

After a tour of the stunning space, we opted for a quiet spot right across the bar, beneath one of the striking chandeliers. We were promptly presented with an assortment of bread while perusing the menu brimming with an array of Parisian specialties with modern flair. The cosy, intimate ambience with melodious old-school tunes by the resident DJ is surely enough company for the night, however, the restaurant amps up the heat with showstopping live

performances hosted at regular intervals, accompanied by French music, traditional dances and more entertainment.

To begin our meal, we chose the Calamars frits, Tarte à la truffe noire, and the Aubergine mille-feuille. The fried calamari was presented in a shell alongside crunchy prawns and a creamy, tangy spiced mayo. The Tarte à la truffe noire followed, a delectable cheese-laden crisp flatbread topped with black truffle shavings, finally ending the first course with Aubergine fondue and capsicum sauce.

The mains were a hard decision since the menu entails risotto and pasta, sharing-style plates, rotisserie, and more to cater to all tastebuds. As per our server's recommendation, we opted



for the Entrecôte CDP and Cordon bleu. The Entrecôte Café de Paris, a succulent grilled ribeye topped with Café de Paris sauce (slightly thick buttery sauce with herbs) was devoured with matchstick fries. The meat was tender and cooked to perfection, as per our preferred medium-rare temperature. Furthermore, the Cordon bleu, a crisp battered 400g veal chop, had just the right amount of Comté cheese layered in between, accompanied by veal jus and salad.

After our hearty mains, the Le fondant au chocolat stunned. This star-shaped chocolate dessert topped with vanilla ice cream and a hot pour of warm white and dark chocolate sauce, fuses a mesh of colours for a flavourful combination – definitely our new favourite dessert in town!

Book now

Contact +9714 275 2522 or visit josette.com.



COOKING PROJECT

Go bananas!

Spend a little time this weekend making a luscious dessert with no cooking required. You can prepare the base a day ahead, then just top with whipped cream and grated chocolate to finish

Easy banoffee pie

SERVES 8-10 **PREP** 25 mins
plus 1 hr chilling **NO COOK** **V**

225g digestive biscuits
150g unsalted butter, melted
397g can caramel or 400g dulce
de leche
3 small bananas, peeled and sliced
300ml double cream
1 tbsp icing sugar
1 square dark chocolate (optional)

1 Crush the biscuits, either by hand using a wooden spoon or in a food processor, until you have fine crumbs, then tip into a bowl. Mix in the melted butter to fully combine and create a wet, sandy texture. Tip into a 23cm loose-bottomed fluted tart tin, then press into the base and up the side in an even layer. Use the back of a spoon to smooth the surface and put in the fridge to chill for 1 hr.

2 Beat the caramel to loosen and spoon it over the biscuit base. Spread it out evenly using the back of a spoon or palette knife. Gently push the sliced bananas into the top of the caramel until you have an even layer. *Will keep chilled for up to a day.*

3 Whip the cream with the icing sugar until billowy and thick. Take the pie out of the fridge and spoon the whipped cream on top of the bananas. Grate over a square of dark chocolate, if you like, then serve.

PER SERVING (10) 518 kcs • fat 36g
• saturates 21g • carbs 43g • sugars 29g
• fibre 1g • protein 5g • salt 0.7g

TWIST IT

● **Give the dessert a grown-up twist** by whipping a couple of tablespoons of non-alcoholic Irish cream into the cream.

● **Try different biscuits for the crust** – oaty biscuits or ginger ones are both good.

● **Add a pinch of sea salt** to the caramel to really bring out the flavour.

BAKING BRILLIANCE

Perfect brownies



Our columnist, baking expert **Benjamina Ebuehi**, answers your questions

Q HOW DO I GET PERFECT GOOEY BROWNIES?

Everyone's idea of a perfect brownie is different, and the ratio of ingredients in your recipe will have a massive impact on the final texture. Brownies that are lighter and more cakey will typically have a higher flour-to-fat ratio, whereas brownies that are more fudgy and gooey will have a larger ratio of fat to flour. So, to get those gooey brownies, the first step would be using a recipe with a higher proportion of butter and chocolate. You could play around with an existing favourite recipe and add small tweaks until you get something that's perfect for you.

Still, with a recipe that contains more fat, baking time is also important. Underbaking by just

a few minutes will help give you a brownie that is cooked but still a bit oozy in the middle. You don't want to underbake so much that you have a raw batter, but just enough where the middle is still a little soft but the edges are done. Let them cool slightly before cutting and you should have that signature gooey texture. As they cool further, they'll firm up a bit, especially if stored in the fridge, so to get back that oozy texture, simply reheat for a few seconds in the microwave or a couple of minutes in the oven and serve warm.



Benjamina is a London-based baker, food stylist and recipe writer. Her book, *A Good Day to Bake (Quadrille)*, is out now. carrotandcrumb.com
@bakedbybenji



8 ways to get creative with leftovers



Recipe developer Zena Kamgaing and food writer Sam Gates talk easy, low-cost meals, plus how to turn leftovers into lunchbox specials

1 CREATE LEFTOVERS WITH PURPOSE

Sam: "I hate waste and having things left in my fridge. So, I'm a big fan of using leftovers. When you batch-cook, you create leftovers for the sake of it, purposefully. I look at it as cook once, eat thrice."

Zena: "It's a fun little challenge. You get into your fridge and it's like, okay, you've had this great meal, how can you turn it into something even better and different and cool?"

3 COOK AS A TEAM AT THE WEEKEND

Zena: "I love making dumplings, but I don't have time to make them after work on a Thursday, so I'll batch-cook. In fact, I'll get the whole family involved. It requires quite a bit of effort, so spend a Saturday making dumplings together, or spring rolls – something that you can then store in the freezer for whenever you need dinner fast."



2 COOK WHAT YOU WANT, BEFORE YOU WANT IT

Sam: "Batch-cooking is about cooking the food that you want when you have the time to enjoy it. Then, when you come home and you're exhausted at the end of the day, you have something to eat that you actually want. Set aside a few hours at the weekend and put a great podcast on and really relax and enjoy the cooking process, rather than having to just be in a frenzy after coming home and trying to feed the kids."

4 BATCH-COOKED BREAKFASTS

Sam: "I batch-cook things that you wouldn't normally think of. I do a lot of breakfasts, for example. It makes perfect sense because that's the time in the day where you have the least time – you're racing out the door. In my case, I'm always late because everybody's trying to remember bags and stuff. So having breakfast prepped is ideal. I do things like potato farls, which can be frozen, and muesli bars."

“

Relax and enjoy the cooking process, rather than be in a frenzy

”

5 MAKE A MULTIPURPOSE SAUCE

Sam: "I make a vegan bolognese with lentils and loads of spices, and use it for everything from cannelloni and lasagne, to shepherd's pie. I have a recipe that makes a vast amount – enough for about 12 people – that we eat over time. It's always at its best on about the third day."



6 TRY A SALAD JAR INSTEAD OF A LUNCHBOX

Zena: "You might not have time to assemble it at work, so prep your salad the night before. You don't want it to get soggy, so use a big jar and put the wetter ingredients at the bottom, then your dressing on the first layer, then things like tomatoes or peppers after that, some shredded leftover chicken, then lettuce leaves or rocket, or spinach, and seal it. Go to work the next day, shake up your jar and you've got a nice lunch."

Sweet potato, spinach & feta frittata

Make this for supper and chill leftovers for lunch the next day. With sweet potato, spinach and feta, it's flavourful and nutritious.

SERVES 2-3 PREP 5 mins
COOK 20 mins EASY V

3 sweet potatoes
2 tbsp olive oil
100g baby spinach
6 eggs
100g feta, crumbled

1 Pierce the sweet potatoes a few times all over. Microwave on high for 5-8 mins until soft, then set aside to cool a little.
2 Heat the oil in a 20cm ovenproof frying pan and wilt the spinach for a minute or two (you might have to do this in batches). Cut each potato in half lengthways and use a spoon to scoop out the flesh, keeping it in chunks. Whisk the eggs in a bowl.
3 Add the sweet potato to the pan and stir to combine with the spinach – don't break it up too much. Pour in the egg and swirl

around so it fills any gaps in the pan. Scatter over the feta and cook for 4-5 mins over a low heat until the bottom and sides are set. Heat the grill to high.
4 Put under the grill for 1-2 mins to cook the top – poke a knife into the centre to ensure it's cooked through. Serve warm or leave to cool before slicing into wedges. *Will keep chilled for a day.*

PER SERVING (3) 572 kcal • fat 25g • saturates 9g • carbs 59g • sugars 31g • fibre 10g • protein 23g • salt 1.6g

Great for Suhoor

7 TAKE YOUR SANDWICHES TO THE NEXT LEVEL

Zena: "I think people forget the vast array of breads that are available, such as ciabatta, which will change your sandwich enormously. Leftovers lend themselves to a good sandwich. Roasted veg works great, but so does steamed veg. If you toss it with some olive oil, some fresh herbs and lemon, suddenly you give new life to peas or green beans. It may sound weird to put them in a sandwich, but it works."



8 MIX IT UP IN A FRITTATA

Sam: "There are no rules with frittata (see recipe, above). If you had a roast at the weekend and have odds and ends of cheeses, throw them in. It's a very forgiving dish, and you can eat it at any time of day: for breakfast, lunch, a snack, pudding, supper, whatever. Well, maybe not a pudding!"

zenaskitchen.com
samgatesfood.co.uk



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easy

Delicious, simple,
and easy-to-
make recipes

midweek meals

■ for two, page 20



guest chef

■ flash in the pan, page 32



veg box star

■ onions, page 36



reduce waste

■ love your leftovers, page 38





midweek meals

Good Food
COOK
SMART

for two

Easily halved or doubled, these vibrant budget dinners are ideal for enjoying solo, or with a friend or loved one

recipes AILSA BURT *photographs* TARA FISHER

Grilled trout with
dill & mustard sauce



Turkish egg
flatbreads

GLUTEN FREE

Grilled trout with dill & mustard sauce

If you want to prep ahead, the sauce keeps chilled for two days.

SERVES 2 PREP 10 mins
COOK 15 mins EASY

2 boneless, skin-on rainbow trout fillets
1 tbsp Dijon mustard
½ lemon, juiced
2 tsp honey
2 tbsp, plus 1 tsp sunflower oil
small bunch of dill, finely chopped
2 spring onions, finely sliced
2 tsp capers, rinsed and drained
250g pouch of pre-cooked grains, we used quinoa
120g watercress

1 Heat the grill to high. Pat the trout dry using kitchen paper and put skin-side down on a baking tray. Sprinkle over a large pinch of fine sea salt and grill for 6-10 mins, depending on thickness, until crisp on top and cooked through.

2 Meanwhile, shake the mustard, lemon juice, honey, 2 tbsp of the oil and most of the dill together in a jar to combine, then season well. *Will keep for up to two days.*

3 Heat the remaining oil in a large non-stick pan over a medium-high heat. Add the spring onions and capers and sizzle for 1-2 mins until slightly coloured. Mix in the grains, cook for 2 mins until heated through and season. Serve with the trout, watercress and dill scattered over.

GOOD TO KNOW fibre • vit c • omega-3 • gluten free
PER SERVING 613 kcals • fat 27g • saturates 4g • carbs 47g • sugars 9g • fibre 7g • protein 43g • salt 1.6g

BALANCED

Turkish egg flatbreads

Make sure you crack the eggs into hot oil to get a lovely crispy bottom.

SERVES 2 PREP 10 mins
COOK 5 mins EASY V

175g 0% fat Greek yogurt
1 garlic clove, grated
½ lemon, zested
1½ tsp za'atar
small handful of parsley, finely chopped
2 flatbreads
1 tbsp olive oil
2 eggs
30g vegetarian feta, crumbled
25g green olives, sliced
large pinch of Aleppo chilli flakes or chilli oil (optional)
½ cucumber, halved, deseeded and finely sliced

1 Combine the yogurt with the garlic, lemon zest, half the za'atar, half the parsley and some salt and pepper. Heat a dry frying pan over a medium heat and brush the flatbreads lightly with a little of the oil. Fry each side for 1 min, then transfer to two plates and set aside.

2 Heat the remaining olive oil in the pan. Once very hot, crack the eggs into the pan and fry for a few minutes until the white is set and the edges are crisp. Spread the spiced yogurt evenly over the two flatbreads and top with the crispy eggs, feta, olives, remaining parsley and za'atar, chilli, if using, and the cucumbers on the side.

GOOD TO KNOW low cal • calcium • 1 of 5-a-day
PER SERVING 447 kcals • fat 17g • saturates 5g • carbs 42g • sugars 6g • fibre 5g • protein 28g • salt 1.3g

HEALTHY

Creamy tomato & mascarpone gnocchi

This comforting, veg-packed dish can be on the table in just 25 minutes.

SERVES 2 PREP 10 mins
COOK 15 mins EASY

1 tbsp olive oil
1 small head of broccoli, stalk and florets roughly chopped
1 red chilli, finely chopped, deseeded if you like
2 garlic cloves, finely sliced
200g fresh cherry tomatoes, halved
300g chilled gnocchi
25g mascarpone
small handful of basil, leaves picked

1 Heat the oil in a large, deep frying pan over a medium heat and fry the broccoli for 5 mins until golden brown. Mix in the chilli, garlic and tomatoes. Gently fry for a further 5 mins, until the tomatoes burst.

2 Tip in the gnocchi and cook for 2-3 mins until tender and hot. Stir in the mascarpone and season to taste with lots of black pepper. Scatter with basil leaves to serve.

GOOD TO KNOW healthy • low cal • folate • fibre • vit c • 2 of 5-a-day
PER SERVING 444 kcals • fat 13g • saturates 5g • carbs 61g • sugars 8g • fibre 12g • protein 14g • salt 0.5g



BALANCED

Fennel, mint & clementine salad

This is a lovely fresh salad and it keeps well for packing into a lunchbox the next day.

SERVES 2 **PREP** 20 mins

COOK 10 mins **EASY**

75g flat rice noodles
½ tsp caster sugar
1 garlic clove, finely chopped
1 tbsp lime juice

2 tsp fish sauce
1½ tbsp rapeseed oil
1 red chilli, finely sliced
1 small fennel bulb, finely sliced
small handful of mint leaves, roughly chopped
2 clementines, segmented
2 cooked chicken breasts, shredded

1 Cook the noodles following pack instructions, then drain, rinse under cold water and leave to drain again. Combine the sugar, garlic, lime

juice, fish sauce, oil, and chilli in a large bowl. Season to taste and add a little more of whatever you think is needed – it should be salty, sweet, spicy and sour. Add the fennel, mint, clementines and noodles, then toss to combine. Stir through the shredded chicken. *Will keep chilled for up to a day.*

GOOD TO KNOW low cal • vit c • gluten free
PER SERVING 493 kcals • fat 14g • saturates 2g •
carbs 40g • sugars 9g • fibre 4g • protein 49g •
salt 1.8g

gf tip

This recipe works well with any kind of leftover poultry or even roast beef.



BALANCED

Halloumi & beetroot fritters

These fritters are also excellent warmed the next day in a low oven.

SERVES 2 **PREP** 15 mins
COOK 15 mins **EASY** V

50g lighter halloumi, drained and coarsely grated
75g self-raising flour
¼ tsp baking powder
½ tsp nigella seeds (optional)
½ lemon, zested and juiced
1 garlic clove, grated
1 egg
2 tbsp milk
150g cooked beetroot, drained and coarsely grated
3 tbsp rapeseed oil
1 tsp honey
100g rocket

1 Combine the halloumi, flour, baking powder, nigella seeds (if using) and lemon zest in a large bowl. In a separate bowl, whisk together the garlic, egg and milk with a large pinch of fine sea salt and season well with black pepper. Add to the halloumi mixture along with the grated beetroot.

2 Heat 1 tbsp of the oil in a large non-stick frying pan over a medium heat. Spoon in 2 heaped tbsp of the batter (you should have enough for six fritters) and level them to about 2cm thick. Fry, in batches for 3 mins on each side, until golden and cooked through. Mix the lemon juice with the remaining oil and honey and some seasoning. Toss the rocket with the dressing and serve with the fritters. *Will keep chilled for up to three days.*

GOOD TO KNOW calcium • folate • vit c • 1 of 5-a-day
PER SERVING 464 kcs • fat 25g • saturates 6g •
carbs 40g • sugars 11g • fibre 5g • protein 18g •
salt 1.7g

Make the most of your gadgets



Sales of energy-efficient slow cookers, air fryers and pressure cookers are soaring – here are some clever ways to use yours

recipes BARNEY DESMAZERY, HELENA BUSIAKIEWICZ & SAMUEL GOLDSMITH photographs ELLA MILLER

Air fryer roast dinner

You don't need to turn on the oven to cook the big Sunday meal – make the main components in an air fryer. Use a microwave to heat the gravy rather than on the hob.

SERVES 2 PREP 15 mins plus
30 mins soaking COOK 45 mins
EASY

2-3 medium potatoes, peeled and cut into quarters
3 tsp vegetable, olive or rapeseed oil
1 large or 2 small skin-on chicken breasts
3 medium carrots, peeled and cut into batons
100g frozen peas
gravy, to serve

1 Soak the potatoes in water for 30 mins, then drain and rinse. Heat the air fryer for 2 mins. Dry the potatoes thoroughly, then put in a bowl, drizzle over 1 tsp of the oil and season with salt and pepper. Using your hands or a spoon, coat the potatoes in the oil, then tip

into the air fryer basket, in one layer if possible. Cook for 10 mins at 190C.

2 Meanwhile, coat the chicken in another 1 tsp oil and season with salt and freshly ground black pepper. Once the potatoes have been in for 10 mins, move them to the sides and lay the chicken in the centre of the basket. Cook for 10 mins.

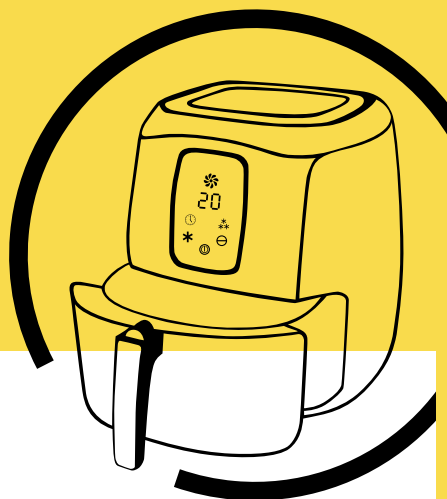
3 Coat the carrots in the remaining oil. After the chicken has cooked for 10 mins, remove it from the basket and add the carrots, mixed in with the potatoes, then move both to the sides and put the chicken back into the centre. Cook for 10-15 mins, still at 190C. At this point, the chicken should be cooked – check by inserting a knife into the thickest part and checking the juices run clear. Alternatively, a thermometer should read 70C. If it's not quite done, cook for a further 5 mins at 190C. Remove the chicken and rest it under a piece of tented foil.

4 Put the peas in a small ovenproof dish or mug with 2 tbsp water and cover with foil to prevent any moisture escaping. Put into the air fryer basket where the chicken was

and cook for a final 10 mins at 190C. By this point the potatoes should be golden and crisp, the carrots tender and the peas warmed through. Slice the chicken breast and serve with the vegetables and gravy, if you like.

GOOD TO KNOW healthy • low cal • fibre
2 of 5-a-day

PER SERVING 444 kcal • fat 13g • saturates 2g •
carbs 41g • sugars 12g • fibre 10g • protein 36g •
salt 0.3g







Slow cooker beef

Take the stress out of cooking a large joint of beef by using your slow cooker – the meat will be beautifully tender and full of flavour.

SERVES 6-8 **PREP** 10 mins

COOK 6 hrs 30 mins **EASY**

2 tsp vegetable oil
1kg beef topside roasting joint
125ml non-alcoholic white wine
2 carrots, roughly chopped
2 onions, peeled and quartered
2 sprigs rosemary
3 bay leaves
3 garlic cloves, peeled and left whole
500ml beef stock
For the gravy (optional)
2 tbsp cornflour
1 tbsp tomato purée

1 First, seal the meat to add flavour as well as prevent scum forming in your slow cooker. To do this, simply heat the oil in a frying pan, then fry the beef on all sides until browned (if you have a multicooker you may be able to seal the beef using the sear/sauté function). Transfer the beef to a plate, then add the non-alcoholic wine to the pan and scrape the sticky bits off the bottom. Set the cooking liquor aside.

2 Put the carrots, onions, rosemary, bay leaves and garlic cloves at the bottom of the slow cooker pan and sit the beef on top. Pour in the reserved cooking liquor and stock, then add a good pinch of salt and a few cracks of freshly ground black pepper. Heat on high for 4 hrs or low for 6 hrs until the beef is cooked and tender. Remove from the cooking liquor, cover and leave to rest for 30 mins.

3 Meanwhile, make the gravy. Strain the cooking liquor through a colander over a large bowl or jug, then pour back into the slow cooker. Put the cornflour in a small bowl and stir in 2 tbsp of the liquor to form a paste. Tip back into the slow cooker and whisk to ensure there are no lumps. Stir in the tomato purée and put on high for 25-30 mins until thickened.

PER SERVING (8) 255 kcs • fat 11g • saturates 4g • carbs 8g • sugars 4g • fibre 2g • protein 27g • salt 0.3g

Microwave cauliflower, apricot & green olive tagine

This midweek-friendly meal borrows all the flavours of a slow-cooked tagine but comes together in a fraction of the time.

SERVES 4 **PREP** 10 mins

COOK 20 mins **EASY** **V**

- 1 tsp olive oil
- 1 small onion, finely chopped
- 2 garlic cloves, finely chopped
- 1½ tbsp Baharat spice mix
- 1 medium head of cauliflower, chopped into small florets
- 400g can chopped tomatoes
- 175ml vegetable stock, made using 1 vegetable stock cube

- 75g dried apricots, roughly chopped
- 400g can chickpeas, drained
- 75g pitted green olives
- large handful of coriander, roughly chopped

To serve
couscous or flatbreads
natural yogurt

1 Put the oil, onion, and a pinch of salt in a large, microwavable bowl, then cover and cook on high for 5 mins. Add the garlic and spice mix and stir. Cover again, then cook for 2 mins. Remove from the microwave and add the cauliflower and cook for 3 mins more.

2 Pour in the canned tomatoes and stock, then cover and cook on high

for 8 mins. Stir in the apricots, chickpeas and olives, then cover and cook on high for 7 mins. Leave to stand for 5 mins, then season and stir through most of the chopped coriander. Serve with fluffy couscous and yogurt, topped with the remaining coriander.

GOOD TO KNOW low fat • fibre • vit c • 4 of 5-a-day

PER SERVING 231 kcs • fat 6g • saturates 1g
carbs 28g • sugars 16g • fibre 10g • protein 11g
salt 1.5g





Pressure cooker chicken stew

Reduce the cooking time for chicken stew by making it in a pressure cooker.

SERVES 4 PREP 15 mins
COOK 30 mins EASY

25g butter
6 skinless chicken thighs, cut into large chunks
1 onion, finely chopped
2 garlic cloves, crushed
2 bay leaves
2 carrots, halved lengthways and cut into chunks
1 large leek, well washed and thickly sliced
1 large potato, chopped into bite-sized chunks
2 tbsp plain flour
600ml chicken stock
1 tbsp wholegrain mustard
small handful of fresh soft herbs, like parsley, tarragon or chives,

chopped

1 Melt half the butter in a pan over a medium heat or in the pressure cooker until sizzling. Season and brown the chicken for 8-10 mins before removing to a plate. Heat the rest of the butter in the pan and stir in the onions. Cook for 5 mins, until soft, then add the garlic and bay leaves, and cook for 1 min. Stir through the carrots, leek and potato, so everything is coated in the buttery juices, and leave to cook for 2 mins to soften slightly.

2 Scatter over the flour and stir to make a sandy paste that covers everything, then leave to cook for 2 mins more. Simmer for 3-4 mins, then pour over and stir through the stock. Return the chicken to the pan, season with salt and pepper and bring to a simmer.

Give everything a good stir, then lock in the lid, bring to high pressure, and cook for 5 mins. Leave the pressure to drop

gradually. Check the potatoes are cooked with the point of a knife – if not, simmer for a few minutes more with the lid off. Stir in the mustard and herbs, then serve.

The stew can be made ahead and kept chilled for two days or frozen for three months if you leave out the herbs. Defrost and reheat in a pan over a medium heat until piping hot, then finish with the herbs.

GOOD TO KNOW low cal • fibre • 1 of 5-a-day
PER SERVING 319 kcal • fat 13g • saturates 5g •
carbs 24g • sugars 6g • fibre 6g • protein 25g •
salt 1.3g



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GUEST CHEF

FLASH IN THE PAN

Quick to make with minimal washing-up, these one-pan dishes allow you more time to relax on weeknights

recipes KWOKLYN WAN *photographs* SAM FOLAN

Wok-fried aubergine



Kwoklyn Wan is a professional chef, restaurateur and Kung Fu instructor, and had a weekly lunchtime presenting slot on BBC Radio Leicester. [@kwoklyn1](#)



King prawn pad Thai

Wok-fried aubergine

Here, soft aubergine fingers soak up the garlic and salty soya bean sauce like delicious sponges.

SERVES 2 **PREP** 5 mins

COOK 10 mins **EASY** **V**

3 large aubergines
2-3 tbsp vegetable oil, plus extra for frying, if needed
5 spring onions, finely chopped, whites and green parts separated
3 garlic cloves, minced
1 tsp grated ginger
2 tbsp soya bean sauce
rice or noodles, to serve (optional)

1 Cut the aubergines into roughly 3 x 12cm lengths. Place a wok over a medium-high heat and drizzle in 2 tbsp oil. Once hot, add the aubergine slices and fry until golden brown on all sides (do this in batches if needed), for 2-4 mins, then remove to a plate.

2 Pour a little more oil into the wok if needed, and add the spring onion whites, garlic and ginger. After 30 seconds, add the soya bean sauce and mix well, then add the aubergines. Continue to cook for 5 mins, stirring gently and ensuring the aubergines are well dressed with the sauce, then add the spring onion greens. After 1 min, add a splash of water, stir and cook for a further minute, then turn off the heat. Serve with rice or noodles, if you like.

GOOD TO KNOW vegan • fibre • vit c • 2 of 5-a-day

PER SERVING 285 kcals • fat 19g • saturates 2g • carbs 15g • sugars 12g • fibre 15g • protein 6g • salt 1.7g

King prawn pad Thai

A popular street-food dish originating from Thailand, the flat rice noodles are tossed in the classic Thai flavours of fish sauce, tamarind paste, lime juice and chilli sauce. Spicy, tangy and sweet, all in one mouthful.

SERVES 2-3 **PREP** 5 mins

COOK 8 mins **EASY**

350g straight-to-wok thick rice noodles
3 tbsp vegetable oil
3 eggs, beaten
350g raw king prawns, shelled and deveined
1 onion, finely chopped
3 spring onions, cut into 5cm lengths
200g beansprouts

For the sauce

2 tbsp fish sauce
2 tbsp light soy sauce
2 tbsp white rice vinegar
2 tbsp lime juice, plus lime wedges to serve
2 tbsp brown sauce
2 tbsp Sriracha chilli sauce
1 tbsp tamarind paste
2 tbsp brown sugar

1 Put the noodles in a colander or sieve and pour over boiling water from the kettle to loosen. Drain well and set aside.

2 Mix all the sauce ingredients together in a bowl. Place a wok over a medium-high heat with 1 tbsp of the oil and, once hot, add the beaten eggs. Mix gently for a minute or two to scramble, then transfer to a plate and set aside. Add another 1 tbsp oil to the wok and add the king prawns. Once they've turned pink and are slightly charred, transfer to the plate with the eggs.

3 Add the remaining 1 tbsp oil and fry the onion until golden. Tip in the spring onions, fry for 1-2 mins, then add the sauce along with the noodles, beansprouts, prawns and egg. Stir to thoroughly combine and continue to cook for a minute or two until heated through. Serve straightaway with lime wedges, if you like.

GOOD TO KNOW 1 of 5-a-day

PER SERVING (3) 529 kcals • fat 17g • saturates 2g • carbs 62g • sugars 30g • fibre 5g • protein 29g • salt 6.9g

Glazed sticky pepper chicken

Use just a few ingredients to make this melt-in-the-mouth chicken in a rich peppery sauce.

SERVES 2-4 **PREP** 5 mins

COOK 50 mins **EASY**

600g chicken thighs, bone-in and skin-on
1 tbsp vegetable oil
125ml dark soy sauce
3 spring onions, sliced into rings
salad, noodles or rice, to serve (optional)

1 Heat a 2-3-litre clay pot or flameproof casserole over a medium-high heat, and fry the chicken in the oil for 5 mins, browning all over. Remove the chicken to a plate and discard the oil, except for ½ tbsp.

2 Return the chicken to the pot, add 2 tbsp freshly ground black pepper, the soy sauce and 125ml water, and stir to coat each piece well. Bring to the boil, then turn the heat down to medium-low, put a lid on the pot and simmer for 40 mins, turning the chicken once during cooking. Sprinkle with the chopped spring onions and serve hot with salad, noodles or rice, if you like.

PER SERVING (4) 317 kcals • fat 21g • saturates 5g • carbs 6g • sugars 5g • fibre 1g • protein 26g • salt 4.5g



MARCH'S VEG BOX STAR

Onions

The mighty onion is the backbone of many dishes, but here, our cookery experts and readers put it centre stage

recipe SAMUEL GOLDSMITH photograph MAJA SMEND

Red onion tarte tatin with punchy salsa verde

SERVES 4 **PREP 15 mins**
COOK 40 mins **EASY V**

320g sheet ready-rolled puff pastry
50g unsalted butter
3 large red onions, cut into wedges, leaving most of the root intact
2 tbsp balsamic vinegar
30g light brown soft sugar
For the salsa verde
small handful of flat-leaf parsley, roughly chopped
small handful of mint, leaves picked and roughly chopped
small handful of chives, finely chopped
2 tbsp capers, roughly chopped
1 lemon, juiced
1 tbsp red wine vinegar
80ml extra virgin olive oil

1 Heat the oven to 200C/180C fan/gas 4. Unravel the puff pastry sheet, removing the parchment. Cut a 25cm circle from the pastry, using an ovenproof frying pan as a template. Put the pastry circle on a tray and chill until needed. Melt the butter in the same pan over a medium heat. Once foaming, arrange the onions in concentric circles in the pan, packing them in tightly, and reduce the heat to low. Season with a pinch of salt and cook for 10-15 mins until the onions are beginning to caramelise. Keep an eye on them so they don't burn.

2 Add the vinegar and sugar, and turn the heat down to medium-low. Cook for 5-8 mins more until a sticky glaze has formed in the base of the pan and the onions are deeply caramelised. Remove the pastry from the fridge and put it on top of the onions, tucking it in around the

edge. Prick it all over using a fork, then transfer to the oven and bake for 20-25 mins, or until the pastry is golden brown and puffed up.

3 Meanwhile, make the salsa verde. Combine the herbs and capers in a large bowl, then add the lemon juice, vinegar and olive oil. Season with salt, pepper and a pinch of sugar.

4 Remove the tarte tatin from the oven and leave to cool for 5 mins. Put a large plate over the pan and invert the tarte tatin onto it, leaving the pan in place (you'll need to use oven gloves as the pan will still be hot). Leave the pan upside-down on the plate for a few minutes more (this will help the tart release from the base naturally), then remove the pan and spoon over the salsa verde before slicing into wedges to serve.

GOOD TO KNOW fibre • 1 of 5-a-day
PER SERVING 700 kcals • fat 51g • saturates 19g • carbs 49g • sugars 21g • fibre 7g • protein 7g • salt 1g

MORE WAYS WITH ONIONS

Ideas from the Good Food team

Caramelised onions Heat **2 tbsp olive oil** in a large, deep frying pan over a low heat and cook **3 sliced large onions** with a pinch of salt for 30-40 mins, stirring occasionally until soft and golden. Add a splash of water if they start to catch. Stir in **2 tbsp light brown soft sugar** and **1-2 tbsp balsamic vinegar** and cook for 5 mins more until the onions are sticky and sweet.

Onion rings Slice **1 onion** into 1cm-wide rings. Mix **150g self-raising flour** with **180ml sparkling water** and season well. Fill a pan one-third full with **groundnut oil** and heat to 180C, or until a little batter sizzles and turns golden within 30 seconds. Dip the onion rings into the batter and carefully lower into the oil. Fry for 2-3 mins until golden. Remove with a slotted spoon and drain on kitchen paper. Season. Repeat until all the onions have been fried.

Cheese & onion chops Heat the grill to high. Put **4 chops** on a grill tray, rub with **2 tsp olive oil** and season. Grill for 6 mins on each side until golden. Spread **¼ tsp English mustard** and **1 tbsp caramelised onions** over each chop, then divide **50g grated cheshire cheese** between them and scatter with **thyme leaves**. Grill until the topping is golden and bubbly.

...and from our readers

"I love pickled onions. Pickle 3 red onions in 275ml white wine vinegar and 1 tsp sugar. Cover and chill for a few days."

Liz Lee, Jersey, Channel Islands

"Chinese-style onion omelette is delicious. Made with onions, fish sauce and white pepper, it's a simple and quick meal."

Denise Lake, Forest Row, East Sussex

"For a comforting dish, I slice onions and layer them with potatoes in a cheese sauce, then bake in the oven." **Ann Barlow, Worthing, West Sussex**







reduce waste

love your leftovers

Use up any surplus ingredients after making our midweek meals

Gnocchi breakfast hash

Fry the leftover **tomato gnocchi** in a non-stick pan over a low-medium heat with turkey **bacon pieces**, leftover **cherry tomatoes**, halved, and sliced **mushrooms**. Continue to fry until everything is browned and crisp. Serve topped with a **fried egg**.

Quick cucumber pickle

Tip **150ml white wine vinegar** and **2 tbsp caster sugar** into a pan and warm over a low heat until the sugar has dissolved. Stir in a large pinch of salt and leave to cool. Thinly slice any leftover **cucumbers** from the Turkish egg flatbreads, tip into a non-reactive bowl and pour over the pickling liquid. Add a handful of leftover chopped **dill**.

Will keep chilled for up to three days.

Zingy halloumi salad

Slice any leftover **halloumi** from the beetroot fritters, and fry for 2 mins on each side until golden. Finely chop a leftover **red chilli** and mix with **clementine** and **lemon juice**, and a drizzle of **olive oil**. Season well. Toss with the halloumi and any leftover **beetroot** and **salad**.

Spring onion spread

Finely slice any leftover **spring onions** from the grilled trout recipe, and combine with **soft cheese**, a squeeze of **lemon juice**, some chopped **dill**, a large pinch of **garlic granules** and seasoning. Spread over a toasted **bagel**.



3 ways with Dijon mustard



Honey-mustard dipping sauce

Mix equal quantities of **Dijon mustard**, **mayonnaise** and **honey** together. Stir in a **squeeze of lemon juice** and **pinch of cayenne pepper**. Season well. Serve with **breaded chicken strips** for dunking.



Dijon crust

Mix **1-2 tbsp Dijon mustard** with **fresh white breadcrumbs** and any hardy, woody **herbs** you have on hand. Season. Spread the mixture over a **topside piece of beef** just before roasting.



Sausage & mustard stew

Fry **6 sausages** in **oil** in a flameproof casserole until brown. Remove to a plate. Fry **sliced onions** and **garlic** for 10 mins until soft. Add **stock**, **Dijon mustard**, **thyme** or **rosemary** and the sausages. Cook for 30 mins. Stir in **double cream**. Serve with **mash**.



Discover more ways to use leftovers on the BBC Good Food Cook Smart podcast, hosted by Mallika Basu.

GOOD FOOD & SUSTAINABILITY At BBC Good Food, we seek realistic solutions to avoid food waste and packaging, and adhere to the three Rs: 1) Reducing food waste 2) Recycling packaging 3) Reusing food storage packaging and containers.

WEEKEND

Mouthwatering dishes to dig into with your family and friends



TOM KERRIDGE

Meringue pie, p52



WEEKEND SPECIALS

Entertain with ease, p62



NEXT LEVEL

Steak sandwich, p68



**ELEVATE THE
EVERYDAY, p41**



HOMEMADE HEROES

Make your own takeaway, p56





THE CULINARY MASTERMIND AT THE PENTHOUSE

With over 14 years of experience under his belt, Executive Chef Frederic Fauchaux takes diners on a culinary journey at The Penthouse



With sustainability at the forefront, Executive Chef Frederic Fauchaux ensures the utmost quality of food and service while implementing an innovative blend of French cooking techniques with traditional Japanese methods. Get a taste of Chef Fauchaux's culinary offerings at The Penthouse with signature delicacies such as the Wagyu slider, Miso marinated lamb, Grilled wagyu tomahawk steak, a wide selection of sushi, and Black cod.

Chef Fauchaux began his journey with The Penthouse over three years ago, bringing his expertise in Japanese cuisine to the rooftop lounge. His previous accomplishments include noteworthy roles at Nobu Cape Town and CÉ LA VI at Marina Bay Sands, Singapore, before arriving in the Middle East. The chef's expertise comes into play as he skillfully implements unique techniques such as the Sous vide, where ingredients including Wagyu, Otoro, and Scottish salmon are cooked in a water bath on a low temperature over several hours to infuse the flavours and to retain all vitamins in the dish. Another special technique the chef utilizes is in braising red meats and chicken in the oven for 12 hours to not only enhance the flavour but also elevate the texture of every dish.

Currently, he oversees gastronomic operations at The Penthouse, conducts supplier research for premium ingredients, manages inventory, holds regular training sessions with culinary

and service staff to ensure quality and consistency, and curates original dishes to incorporate seasonal ingredients. From sourcing local ingredients to reducing carbon footprint and minimizing food waste by optimal usage of the ingredients in the curated dishes, discerning diners can look forward to delectable and eco-conscious dishes at the LEED Platinum certified property. FIVE's Beverage Manager, Niked Rajan, further amps up the experience at The Penthouse with a selection of concoctions and pairings for the perfect dining experience. Nestled on the 16th floor of the luxury hotel, the award-winning rooftop lounge is renowned for its lineup of experiences showcasing Skyline Fridays and the Maskerade Brunch, coupled with tantalizing Japanese dishes, live entertainment, signature beverages, and idyllic views of Dubai Marina and Ain Dubai. A-list celebrities Usain Bolt, French Montana, Ronaldinho, Mohammed Salah, Trey Songz and Chris Gayle, to name a few, have also made a pit-stop at The Penthouse to experience the unforgettable destination.

With the success of The Penthouse Dubai, Chef Fauchaux's culinary creations further extends to The Penthouse Zurich, situated within FIVE's first overseas hotel, FIVE Zurich. Don't miss The Penthouse's host of live performances headlined by widely-acclaimed regional and international artists!

Elevate the everyday

Take a basic recipe and elevate it to something you would be proud to serve to guests using clever twists from the team and top contributors

recipes AILSA BURT, CASSIE BEST, CHINTAL PATEL, HELENA BUSIAKIEWICZ,
SAMUEL GOLDSMITH *photographs* JONATHAN GREGSON

everyday

Beef stew

SERVES 4 **PREP** 15 mins

COOK 4 hrs **EASY**

900g braising steak (such as chuck or brisket), trimmed of large pieces of fat or gristle and cut into large chunks
1 tbsp plain flour
1-2 tbsp vegetable or sunflower oil
2 onions, chopped
2 celery sticks, chopped
2 carrots, halved and cut into chunks
2 bay leaves
6 thyme sprigs, leaves picked
150ml non-alcoholic red wine (optional)
1 tbsp tomato purée
2 tsp Worcestershire sauce
1 beef stock cube or 600ml fresh strong beef stock
cooked green veg and mash, to serve (optional)

*Once you've mastered this versatile stew, you can stash a few portions in the freezer for a delicious meal, anytime. **Cassie Best***

1 Season the beef generously and toss in the flour. Heat 1 tbsp oil in a large flameproof casserole over a medium-high heat. Cook the beef in two or three batches for about 6-8 mins each, so as not to overcrowd the pan, until browned on all sides. Add a little more oil if it starts to catch. Transfer to a plate.
2 Reduce the heat. If the pan is dry, add a little more oil. Cook the onions, celery and carrots for 5 mins. Add the bay, thyme and non-alcoholic wine (or use water), and simmer for 2-3 mins, scraping up any browned bits from the bottom of the pan. Stir in the tomato purée and Worcestershire sauce, and cook for another minute.
3 If you want to make this in a slow cooker, transfer everything from the pan to the slow cooker. Add the beef along with the stock cube and

400ml water, or pour in the fresh stock, and cook on low for 6-8 hrs until the beef is tender. If cooking on the hob, return the beef to the pan, crumble in the stock cube and add 600ml water or the fresh stock. Cover with a lid and cook over a low heat for 3 hrs, topping up with a splash of water as needed if the stew is reducing quickly.
4 Remove the lid and cook for another 30 mins to reduce the liquid. If it's not tender after this time, add a splash more water, cover and cook for another 30 mins, then check it again. Adjust the seasoning if necessary, then enjoy with mash and green veg, or cool and freeze for another day. *Will keep chilled for three days or frozen for three months. Defrost in the fridge overnight, then reheat until piping hot.*

GOOD TO KNOW iron • 1 of 5-a-day

PER SERVING 401 kcs • fat 16g • saturates 6g •

elevated

Warming beef stew with cheese scone dumplings

SERVES 4 **PREP** 20 mins

COOK 30 mins **EASY**

1 batch of beef stew (recipe above)
1 tbsp Dijon mustard
cooked green veg, to serve
For the cheese scone dumplings
225g self-raising flour, plus extra for dusting
pinch of cayenne pepper
1 tsp baking powder
75g cold unsalted butter, cut into cubes
100g mature cheddar, grated, plus extra for the topping
small bunch of parsley, finely chopped
85ml milk

1 If the beef stew is frozen, defrost overnight in the fridge first.

Transfer to a flameproof casserole and stir through the mustard.
2 Heat the oven to 200C/180C fan/gas 6. Tip the flour into a large bowl and stir in the cayenne, baking powder and 1 tsp salt. Rub in the butter using your fingertips to combine – it should have a sandy texture. Use a cutlery knife to stir in the cheese and parsley.
3 Pour in the milk and use the knife to stir it in until the mixture clumps together. If it looks dry, add a little more milk. Tip the dough onto a lightly floured surface and gently knead until any dry floury patches are incorporated – try not to overmix, as you'll end up with tough scones. Roll or pat the dough until it's roughly 1cm thick. Use a 5cm cookie cutter to stamp out the

scones – we made 18. Arrange the scones on top of the beef stew in a single layer, leaving space for them to expand during cooking. Place any others on a baking tray lined with baking parchment. Sprinkle each with a little more cheese, cover the casserole with a lid and bake for 15 mins along with the extra scones.
4 Remove the tray of scones from the oven and leave to cool. Uncover the casserole and return it to the oven for another 15 mins, or until the scones on top are puffed and golden. Serve with cooked green veg, if you like.

GOOD TO KNOW calcium • folate • fibre • vit c • iron • 1 of 5-a-day

PER SERVING 876 kcs • fat 43g • saturates 22g • carbs 58g • sugars 10g • fibre 6g • protein 62g • salt 4.3g

Fluffy dumplings make the stew extra-special, along with a touch of heat from the cayenne.



USE IT UP

Beef pie Tip the stew into a pie dish and top with puff, rough puff or shortcrust pastry before baking until golden.

Beef ragu Add 2 chopped garlic cloves with the veg in step 2 and replace 400g stock with a 400g can tomatoes (but also adding the stock cube in step 3). Finally, shred the beef into the sauce using forks. Toss with pappardelle or tagliatelle.

Chilli beef Add 1 tsp each ground cumin, paprika, chilli powder and ground coriander with the veg in step 2, then add a 400g can black beans along with 1 tbsp chipotle paste 10 mins before the end of cooking. Serve the chilli in jacket potatoes or with rice, topped with soured cream and fresh coriander.

everyday

Meatballs

Easy to make and versatile, too – you can serve meatballs Italian-style in a tomato sauce with pasta or with a South-east Asian twist (see right).

MAKES 12-14 PREP 10 mins
COOK 15 mins EASY ❄️ 🍲

400g pork mince, or use half pork, half beef

1 small red onion or shallot, finely chopped

1 garlic clove, finely grated

50g breadcrumbs

1 egg

½ tbsp vegetable oil

To flavour (optional)

1 tsp tomato purée, 1 tbsp grated parmesan, 1 tsp lemongrass paste or 1 tsp English mustard

1 Put the mince, onion, garlic, breadcrumbs and egg in a bowl, along with your chosen flavouring. Mix well. Use your hands to fully combine the mixture, squeezing it through your fingers several times.

2 Form the mixture into 12-14 evenly sized meatballs, roughly the size of a walnut. *At this point, you can freeze the meatballs (if the meat wasn't previously frozen) in a sealed container for up to three months. Defrost completely in the fridge overnight before using.*

3 Heat the oil in a large frying pan over a medium heat and brown the meatballs all over, about 8-10 mins. (You may need to do this in batches.) To fully cook through, reduce the heat and continue to fry, moving around every so often so they don't burn. For best results, finish cooking in the sauce of your choice.

PER MEATBALL 70 kcals • fat 4g • saturates 1g • carbs 3g • sugars 0.4g • fibre 0.1g • protein 6g • salt 0.1g

elevated

Meatballs in an aromatic broth

*We've taken inspiration from classic Vietnamese pho flavours. **Samuel Goldsmith***

SERVES 4 PREP 10 mins
COOK 45 mins EASY 🍲

1 batch of meatballs (see recipe, left)

1 tbsp vegetable oil

thumb-sized piece of ginger, peeled and finely grated

8 spring onions, finely sliced

2 star anise

1 cinnamon stick

2 lemongrass sticks, tough outer leaves removed and finely sliced

1-2 green chillies (seeds removed if you prefer less heat), finely sliced

small bunch of coriander, leaves and stalks separated, both finely chopped

1 tbsp light brown soft sugar

1.25 litres beef stock

1-2 tsp fish sauce

1 tsp soy sauce, plus extra to serve

2 handfuls of ready-to-eat beansprouts

3 rice noodle nests

1 lime, cut into wedges

bring to the boil over a medium heat. Reduce the heat to a simmer and cook for 35 mins until the lemongrass has become tender and the flavours have infused.

3 Add the meatballs and simmer for 10-12 mins until cooked through, then add the fish sauce to taste, along with the soy sauce and freshly ground black pepper. Add the beansprouts, turn up the heat to medium-high, and cook for another 3 mins.

4 Meanwhile, cook the noodles following pack instructions. Drain well and divide between four bowls. Top with the meatballs and broth, removing the cinnamon and star anise. Scatter over the remaining spring onions, chilli and coriander leaves, and serve with lime wedges for squeezing over.

GOOD TO KNOW healthy • low cal

PER SERVING 478 kcals • fat 16g • saturates 4g • carbs 48g • sugars 8g • fibre 5g • protein 33g • salt 1.5g

USE IT UP

• **Spaghetti & meatballs** Serve in a thick tomato sauce with spaghetti and parmesan.

• **Meatball sub** Finish cooking the meatballs in a tomato and herb sauce, and serve in warm, crusty baguettes.

• **Scandi-inspired** Add a little nutmeg and ground cardamom to your meatball mix, and serve with a gravy, fries and some lingonberry or cranberry sauce.



everyday

Spiced vegetable traybake

Use up any leftover vegetables to make this healthy side dish.
Chintal Patel

SERVES 4 **PREP** 15 mins
COOK 40 mins **EASY** **V**

- 1 small cauliflower, cut into 3cm chunks
- 1 aubergine, cut into 3cm chunks
- 1 sweet potato (around 200g), cut into chips
- 1 red pepper, cut into 3cm chunks
- 1 yellow pepper, cut into 3cm chunks
- 1 red onion, sliced
- 2 tsp cumin seeds
- 2 tsp ground turmeric
- 3 tbsp rapeseed oil

1 Heat the oven to 200C/180C fan/gas 6. Put all the vegetables in a large roasting tin, and add the cumin seeds and turmeric. Drizzle over the oil and season generously with salt. Mix with your hands to combine.
2 Roast for 30-40 mins, stirring once halfway through until all the veg is cooked through.

GOOD TO KNOW vegan • healthy • fibre • vit c • 4 of 5-a-day • gluten free
PER SERVING 206 kcs • fat 10g • saturates 1g • carbs 21g • sugars 12g • fibre 8g • protein 5g • salt 0.1g

elevated

Tandoori paneer wraps & green chutney

We love to make these punchy wraps when we have guests. Everyone builds their own, so they can add as much or as little filling as they like.

SERVES 4 **PREP** 20 mins
plus at least 1 hr marinating
COOK 30 mins **EASY** **V**

- 100g Greek yogurt
- 2-3 tsp tandoori masala powder or paste
- 400g paneer, sliced into 1cm thick strips
- 1 batch of vegetable traybake (left)

For the green chutney

- 100g coriander
- small handful of mint leaves
- small handful of cashew nuts
- 1-2 garlic cloves
- 1 small apple, peeled, cored and finely chopped
- 1 chilli (optional)
- 1 lemon, juiced

For the easy instant naan (makes 6)

- 250g self-raising flour, plus extra for dusting
- 250g Greek yogurt
- 1 tsp nigella seeds
- melted butter or ghee, to serve

1 Mix the Greek yogurt and tandoori powder or paste together in a large bowl, then add the paneer strips and toss to coat. Leave to marinate for at least 1 hr, or overnight.

2 Make the green chutney by blending all the ingredients with 3 tbsp water in a food processor until you have a smooth paste – add a splash more water if it's too thick.

Will keep chilled in an airtight container for three days or frozen for three months. Defrost in the fridge fully overnight.

3 To make the naan, mix the flour, yogurt and nigella seeds together with $\frac{1}{4}$ tsp salt until combined. Split the dough into 6-8 balls, then roll each out to about 2cm thick on a generously floured surface. Heat a frying pan over a medium heat and dry-fry the naan for 2 mins until you see bubbles and they begin to brown. Flip and cook the other side for 2-3 mins. Keep them warm in a low oven or set aside until needed.

Will keep frozen for up to three months. Defrost fully in the fridge and warm in a low oven or toaster before serving. Drizzle with a little melted butter or ghee before serving.
4 Heat the grill to the highest setting. Put the paneer strips on a baking tray and grill for 5-6 mins on each side, until they start to brown. Alternatively, roast in the baking tray when cooking the vegetable traybake (left). Toss with the roasted veg, then serve with the green chutney and naan.

GOOD TO KNOW calcium • iron • fibre • vit c • folate • 4 of 5-a-day

PER SERVING 826 kcs • fat 44g • saturates 21g • carbs 61g • sugars 18g • fibre 11g • protein 40g • salt 1.7g

USE IT UP

Spiced vegetable soup Blitz the roasted vegetables with a splash of water or vegetable stock using a hand blender. Serve with crusty bread.

Aloo gobi curry Pan-fry the vegetables with some chopped tomatoes and a little tomato purée. Serve with rice or naan.

Frittata Stir any leftover roasted veg into some beaten eggs, fry the mixture until the egg is set, then finish under a hot grill or turn over to cook the top. Perfect for lunch the next day.



everyday

Roast chicken

Brine the chicken in advance for more flavourful, tender meat. Any leftovers make excellent sandwiches.

Ailsa Burt

SERVES 6 **PREP 5** mins plus
at least 12 hrs brining and resting
COOK 1 hr 35 mins **EASY**

1 large chicken (about 1.7kg)
1 tsp garlic powder
1 tsp onion powder
1 tsp light brown soft sugar
2 tbsp vegetable oil

1 Pat the chicken dry with kitchen paper and remove any string before placing it in a roasting tin. Use a pestle and mortar to grind together the garlic powder, onion powder, sugar, 2 tbsp sea salt flakes and $\frac{1}{2}$ tsp finely ground black pepper. Using your hands, carefully separate the skin from the meat of the chicken and spread the brine all over, rubbing it underneath the skin and inside the cavity. Chill, uncovered, for at least 12 hrs, or up to 24 hrs. Remove from the fridge 1 hr before cooking, and brush off any remaining brine from the skin so it doesn't burn. Rub over the vegetable oil.

2 Heat the oven to 220C/200C fan/gas 7. Roast the brined chicken for 15-20 mins, then baste with the juices in the pan. Reduce the heat to 180C/160C fan/gas 4 and cook for a further 1 hr-1 hr 15 mins until cooked through. The juices should run clear and a meat thermometer should read 75C. Remove the chicken from the tin and rest for at least 10-15 mins before serving.

GOOD TO KNOW gluten free

PER SERVING 307 kcals • fat 19g • saturates 5g
• carbs 1g • sugars 1g • fibre 0.2g • protein 33g
• salt 2.7g

elevated

Japanese-style chicken curry

This easy, comforting curry sauce is the perfect complement to tender, juicy brined chicken.

SERVES 6 **PREP 20** mins
COOK 35 mins **EASY**

1 prepared roast chicken (left)

For the sauce

1 tbsp vegetable oil
2 onions, thickly sliced
2 large garlic cloves, finely grated
25g ginger, peeled and grated
45g unsalted butter
30g plain flour
1 tbsp medium curry powder
 $\frac{1}{4}$ tsp garam masala
850ml vegetable stock
1 tbsp soy sauce
1 tbsp honey
2 tsp rice wine vinegar
500g Maris Piper potatoes, cut into eighths
3 large carrots, sliced on the diagonal

To serve

cooked short-grain white rice
sliced spring onions
Japanese pickles (optional)

1 For the sauce, heat the oil in a large flameproof casserole or pan over a medium heat and cook the onions for 10 mins until lightly golden. Mix in the garlic and ginger, and cook gently for a couple of minutes until fragrant. Add the butter and, once sizzling, stir in the flour, curry powder and garam masala. Cook for 3-4 mins until the mixture has darkened in colour. Gradually ladle in the stock, stirring well after each addition.

2 Bring to a gentle simmer and add the soy sauce, honey and vinegar. Stir in the potatoes and carrots, then cover and simmer for about 15-20 mins until the sauce has thickened and the vegetables are cooked. Season to taste, adding a splash more stock if it's too thick. Slice the chicken and serve with the rice. Spoon over the sauce and scatter over the spring onions. Serve with Japanese pickles, if you like.

GOOD TO KNOW 1 of 5-a-day

PER SERVING 523 kcals • fat 28g • saturates 9g •
carbs 29g • sugars 11g • fibre 5g • protein 36g •
salt 4.3g

USE IT UP

Smoky roast chicken Add 1 tsp each smoked paprika and dried oregano to the brine mix, and put a halved lemon into the cavity of the chicken before roasting.

Classic roast chicken Add the zest of 1 lemon and 1 tbsp thyme leaves to the brine. Cut the zested lemon in half and put inside the cavity of the chicken before roasting.

Chicken tortillas Strip the chicken meat from the bones. Fry 1 sliced jalapeño, 2 chopped garlic cloves and 1 chopped onion in a pan with oil until soft. Mix in the chicken, $\frac{1}{2}$ tsp ground cumin and a handful of leafy greens. Cook until the greens wilt and the chicken is heated through. Spread inside corn tortillas and top with grated cheddar. Fold into half-moons and dry-fry each side until golden and the cheese melts.

gf tip

To get maximum flavour, you can add 1 tbsp medium curry powder to the basic brine recipe for the chicken.



everyday

Crêpes

Our foolproof recipe will ensure a perfectly golden stack of crêpes.

MAKES 25-30 **PREP** 10 mins
plus 1 hr optional resting
COOK 1 hr 15 mins **EASY** **V**

220g plain flour
25g caster sugar
3 eggs, beaten
530ml whole milk
175ml double cream
80g unsalted melted butter, plus
extra for frying

1 Sift the flour into a large bowl, add the sugar and a pinch of salt, then stir to combine. Make a well in the middle, pour in the egg and begin whisking from the centre. Slowly pour in the milk and cream, whisking constantly until you have a smooth batter. If you have time, rest for at least 1 hr for best results. Stir in the melted butter.

2 Heat a 16cm frying pan over a medium heat, then brush the pan with butter using folded kitchen paper or a pastry brush. Add a small ladleful of batter to the pan, immediately swirling it around so it spreads to the edge in a neat circle. Cook for 1-2 mins, or until just set and lightly golden, then flip and cook on the other side for 1 min. Set aside on a plate and repeat until you've used up all of the batter.

PER SERVING (30) 99 kcal • fat 7g • saturates 4g •
carbs 7g • sugars 2g • fibre 0.3g • protein 2g •
salt 0.04g

elevated

Cherry Bakewell crêpe cake

Create an impressive cake without turning the oven on – use the crêpes layered with cherry compote and crème diplomat. Helena Busiakiewicz

SERVES 8-10 **PREP** 1 hr 5 mins plus 1 hr
chilling **COOK** 30 mins **MORE EFFORT** **V**

1 batch of crêpes (left)
25g flaked almonds, toasted
For the crème diplomat
350ml whole milk
4 egg yolks (freeze the whites for
another recipe)
120g sugar
35g cornflour
¾ tsp almond extract
150ml double cream
For the cherry compote
275g frozen cherries
50g light brown soft sugar
1 tbsp cornflour

1 Make the crêpe batter (see recipe, left) and continue with step 2 while it rests.

2 For the crème diplomat, pour the milk into a medium saucepan and set over a medium heat until it begins to steam, about 2-3 mins. Turn off the heat.

3 Put the egg yolks, sugar, cornflour and almond extract in a medium heatproof bowl and mix to a paste. Gradually pour in the steaming milk, whisking constantly, then return the mixture to the saucepan. Cook over a medium-low heat, still whisking, until it becomes lumpy. Continue whisking to beat the lumps out and create a thick, smooth mixture. Transfer to a clean bowl, and cover to prevent a skin forming. *Will keep chilled for up to two days. Leave to cool first.*

4 Beat the crème diplomat slightly to loosen, then pass through a sieve to remove any lumps. Whip the cream in a bowl until it just holds its shape, then fold into the mixture to combine. *Will keep chilled for up to two days.*

5 Put the frozen cherries and sugar in a

medium pan and cook over a medium heat for 5 mins. Carefully spoon out a few of the whole cherries and set aside for decorating later. Cook for 5 mins more until thickened, then remove 2 tbsp of the cherry cooking liquid and mix with the cornflour to make a paste. Stir this back into the pan and continue to cook until you can draw a clear line through the middle of the pan with a spoon, about 10 mins. Use a hand blender to blitz until smooth, then leave to cool completely and keep chilled until needed. *Will keep chilled for up to two days.* At this point, cook the pancakes before continuing with step 6.

6 To assemble the cake, reserve 1 tbsp of the cherry compote. Spread another 1 tbsp over a serving plate and smooth it out. Put one crêpe on top. Spread over 1 heaped tbsp of the crème diplomat, then place another crêpe on top. Spread over ½ tbsp of the cherry compote. Repeat this pattern, alternating the layers with the two fillings, until it's all used up, reserving the remaining crème diplomat for decorating. Chill the cake for 1 hr to firm up.

7 Remove the cake from the fridge, then use a palette knife to smooth some of the remaining crème diplomat over the top and sides, or leave uncovered if you prefer. Swirl the remaining cherry compote into the top layer of crème diplomat, then scatter over the reserved cherries and toasted flaked almonds. Cut into slices.

PER SERVING (10) 545 kcal • fat 33g • saturates 19g •
carbs 51g • sugars 30g • fibre 2g • protein 10g • salt 0.2g

USE IT UP

Scatter the crêpes with sugar and drizzle over lemon juice for a classic combination.

Fill the crêpes with ham and cheese, top with béchamel sauce and gruyère, and bake.

Top the crêpes with a poached or fried egg and some wilted spinach for a quick brunch.





TOM KERRIDGE

MERINGUE PIE

Make this showstopping dessert to celebrate Mum on Mother's Day (21 March) – it's light, zesty and sure to impress

photographs MIKE ENGLISH

When we did a podcast about kitchen disasters, I started thinking about the tricks you can have up your sleeve to save them. The skill of a chef shouldn't be judged on what's gone wrong, but rather on how they fix it. Over-boil your potatoes for roasties? Serve mash instead. Crackling hasn't crisped up? Take it off the joint and flash it under the grill to turn it golden and crispy.

On the sweet side, knowing how to make a meringue topping can sometimes save a dessert – it can hide a few things that have gone wrong or, in this case, elevate it from a simple pudding to something spectacular. Without the meringue, this recipe still produces a perfectly good lime tart, but with it, you've got height, theatre and wow factor – and whoever you serve it to will see that you've made a real effort.



A meringue topping can sometimes save a dessert – it can hide a few things that have gone wrong, or elevate it from simple to spectacular

Our contributing editor Tom Kerridge is a BBC presenter, chef-owner of restaurants in London and Marlow and cookbook author. You can also listen to Tom on the BBC Good Food Podcast at bbcgoodfood.com/podcast. [Twitter](#) [Instagram](#) @ChefTomKerridge



Lime meringue pie

For the best result, a meringue-topped pie should be eaten on the day it's made. Even better, enjoy it while slightly warm.

***SERVES 8-10 PREP 30 mins plus at least 30 mins chilling and 1 hr cooling COOK 1 hr 30 mins MORE EFFORT V**

2 tbsp cornflour
125g golden caster sugar
6 limes, juiced (you'll need 150ml juice), 2 zested
100g unsalted butter, cut into cubes
4 egg yolks (use the whites in the meringue, below)

For the pastry

200g plain flour, plus extra for dusting
1 tbsp golden caster sugar
125g cold unsalted butter, cut into cubes
1 egg, beaten

For the meringue

4 egg whites, at room temperature
200g golden caster sugar
2 tsp cornflour

1 For the pastry, put the flour, sugar and a pinch of salt in a bowl and rub in the butter using your fingers until crumbly. Mix in the egg until a dough forms, then flatten into a disc, wrap and chill for at least 30 mins. *Will keep covered and chilled for two days.*

2 Heat the oven to 200C/180C fan/gas 6. Roll the pastry out on a lightly floured surface to about the thickness of 2.8mm, and use it to line a 23cm fluted tart tin, with some overhanging. Line the pastry case with baking parchment and fill with baking beans. Bake for 15 mins, then remove the

parchment and beans and bake for 10-15 mins more, or until biscuity. Trim the overhanging pastry with a serrated knife. Leave to cool. Turn the oven to 180C/160C fan/gas 4.

3 While the pastry bakes, combine the cornflour, sugar and lime zest in a medium saucepan. Stir in the lime juice and gradually add 50ml water. Cook over a medium heat, stirring continuously until thick and smooth. Once bubbling, remove from the heat and beat in the butter using a whisk until melted. Beat in the egg yolks, then return to the hob over a medium heat, stirring vigorously for a few minutes until you have a thick custard consistency. Remove from the heat, cover and set aside to cool slightly.

4 Meanwhile, for the meringue, put the egg whites in a large bowl. Whisk to soft peaks, then add half the sugar, a spoonful at a time, whisking between each addition until just combined. Whisk in the cornflour, then add the remaining sugar, a spoonful at a time, until the meringue is smooth and thick.

5 Pour the warm lime filling into the pastry case. Spoon meringue on top, near the edge, then gently spread out to just touch the pastry rim. Pile the rest of the meringue into the centre, spreading it out gently and swirl the top. Return to the oven for 20 mins until the meringue is crisp and just golden. Leave to cool in the tin for 30 mins. Transfer to a wire rack and cool for 30 mins-1 hr, then slice and serve. *Best eaten same day, but will keep chilled for up to a day.*

PER SERVING (10) 432 kcal • fat 22g • saturates 13g • carbs 54g • sugars 35g • fibre 1g • protein 5g • salt 0.5g

5 MORE IDEAS

- To elevate the zesty lime flavour, add the **zest of 1 lime** to the pastry, too.
- The meringue topping is baked for ease, but if you have a kitchen blowtorch, you can use that instead.
- **Classic lemon meringue pie** Simply swap the lime zest and juice for **2 lemons, zested**, and **6 juiced**.
- **Lime curd** The filling on its own is a curd that can be stored in a jar and kept chilled for up to a week. Spread over toast or serve with shortbread.
- **Biscuit crust** If you prefer a biscuit crust instead of pastry, simply crush **200g ginger nut or digestive biscuits** in a food bag or bowl using a rolling pin. Mix with **100g melted butter** until the mixture is sandy, then press into the base and up the side of the tart tin. Continue with steps 3-5.



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HOMEMADE HEROES

MAKE YOUR OWN TAKEAWAY

Cooking a homemade version of a high-street favourite is often much healthier and quicker, so give these simple recipes a try

recipes CASSIE BEST, TIFFANY CHANG *and* ROOPA GULATI

photographs MIKE ENGLISH

Simple mushroom curry

Try garlicky mushrooms in a rich tomato masala, spiced with ground ginger, fennel seeds and cumin for a warming winter supper. Enjoy with rice or Indian bread.

SERVES 4 **PREP** 15 mins

COOK 40 mins **EASY** **V**

50g unsalted butter
500g chestnut mushrooms, quartered
4-6 tbsp sunflower oil
1 tsp cumin seeds
1 tsp fennel seeds
1 large onion, diced
4 garlic cloves, finely chopped
1 tsp ground ginger
¼ tsp ground turmeric
½ tsp Kashmiri chilli powder
½ tsp garam masala
400g can chopped tomatoes
1 tsp caster sugar
2 tbsp full-fat Greek yogurt
2 tbsp chopped coriander
rice or Indian bread, to serve (optional)

1 Heat the butter in a large wok, karahi or frying pan over a medium-high heat. Add the mushrooms and cook for 10 mins or until any moisture has evaporated and they've started to brown. Transfer to a bowl and set aside.

2 Heat the oil in the same pan over a medium-high heat. Add the cumin and fennel seeds and fry, stirring constantly, for about 30 seconds until they release their nutty aroma.

3 Stir in the onion, fry for 12-15 mins until golden, then turn the heat down to medium. Add the garlic and continue frying for 1 min.

4 Add the ginger, turmeric, chilli powder and garam masala, followed by the tomatoes and sugar. Cook uncovered for 5-7 mins until the masala has thickened and a layer of oil forms around the edge of the pan.

5 Spoon the yogurt into a small bowl, add a small ladleful of the hot masala and mix well before adding it to the pan.

6 Pour over 100ml hot water and simmer for 3-4 mins until the curry has the consistency of double cream. Season to taste, then return the mushrooms to the pan and stir to warm through. Scatter over the chopped coriander and serve with rice or Indian bread, if you like.

GOOD TO KNOW 2 of 5-a-day • gluten free

PER SERVING 302 kcals • fat 24g • saturates 10g • carbs 12g
• sugars 10g • fibre 4g • protein 7g • salt 0.2g



Loaded fries



Chicken
chow mein

Loaded fries

Pile tomatoes, soured cream, jalapeños and pickled red onions onto frozen fries. Ideal for movie nights or casual entertaining, this will be a big hit with any crowd.

SERVES 4-6 PREP 10 mins

COOK 20 mins EASY 

1 red onion, halved and finely sliced
 ½ lime, juiced
 450g frozen oven fries
 2 tsp Cajun seasoning, plus a pinch
 6 pork or chorizo-style sausages
 150g mixed grated cheddar and mozzarella
 2 tomatoes, finely chopped

150g soured cream

50g pickled jalapeños

small bunch of coriander, leaves picked

1 Combine the onion, lime juice and a pinch of salt in a non-metallic bowl, and set aside to lightly pickle for 20 mins. *Will keep chilled for up to five days.*

2 Heat the oven to 200C/180C fan/gas 6. Arrange the fries in a single layer on a large baking tray, sprinkle with a generous pinch of the Cajun seasoning and bake for 10 mins, shaking the tray after 5 mins. They should be cooked but not have too much colour.

3 Meanwhile, squeeze the

sausage meat from the skins into a frying pan, and add the 2 tsp Cajun seasoning. Fry over a medium heat for 4-6 mins, breaking the meat up with a wooden spoon, until cooked and browned in places.

4 Remove the fries from the oven, then scatter over the cooked sausage and cheese. Return to the oven for 10 mins until the cheese has melted and the chips are golden and crisp.

5 Top the loaded fries with the tomatoes, soured cream, jalapeños, pickled onions and coriander leaves just before serving.

PER SERVING (6) 415 kcals • fat 24g • saturates 11g • carbs 32g • sugars 5g • fibre 5g • protein 15g • salt 1.4g

Chicken chow mein

This Taiwanese-style chow mein uses a combination of stir-frying and steaming, so there's less oil involved.

SERVES 4 PREP 25 mins

COOK 15 mins EASY

1 large skinless chicken breast (approx. 175g), sliced into 1cm-thick strips
 1 egg white
 2-3 tbsp vegetable oil, plus 1 tsp for the marinade
 1 shallot, finely chopped
 4 garlic cloves, finely chopped
 ½ white onion (approx. 50g), thickly sliced
 2 dried shiitake mushrooms, rehydrated with ½ cup of warm water for 15 mins, then sliced into 1cm strips
 1 carrot (approx. 80g), thickly sliced into ½cm matchsticks
 2 tbsp light soy sauce
 1 tbsp apple or grape juice
 ½ tsp white pepper
 1½ tsp chicken bouillon
 1 tsp caster sugar
 2 packs ready-cooked egg

noodles (approx. 557g)

½ sweetheart cabbage

(approx. 200g), thickly sliced

1 spring onion, cut into 2cm pieces

1 tbsp black vinegar or

Worcestershire sauce

1 Put the chicken in a bowl and add the egg white, 1 tsp salt and 1 tsp of the oil. Massage into the chicken to thoroughly coat. Set aside.

2 Heat 2 tbsp vegetable oil in a large lidded wok or a deep frying pan, set over a medium heat on your largest hob ring. Once the oil is slightly glistening, add the chopped shallot and stir until slightly golden, about 3 mins. Add the chopped garlic and fry for 30 seconds.

3 Still on medium heat, add the marinated chicken to the wok. Keep stir-frying until around 70 per cent of the chicken has turned white. It doesn't need to be fully cooked yet. If the chicken is sticking to the pan, add another 1 tbsp oil.

4 Tip in the onions, mushrooms and carrots and toss with the chicken (using two spatulas makes this easier). Stir-fry for another 30 seconds on medium heat.

5 Turn off the heat, then add the soy sauce, apple or grape juice, white pepper, chicken bouillon, sugar and 150ml water. Stir gently, then turn on the heat again, setting it to high.

6 Add the egg noodles and, using tongs, gently toss for about 15 seconds to make sure they're thoroughly coated with the sauce. Add the cabbage on top of the noodles without mixing it in, then put a lid on and let it steam for 30 seconds. Remove the lid, then mix the softened cabbage in with the noodles for about 10 seconds. Replace the lid and steam for another 30 seconds.

7 Remove the lid and gently toss, being careful not to break the noodles. Add the chopped spring onion on top and splash in the 1 tbsp black vinegar or Worcestershire sauce on the wall of the wok in a half circle motion. Give a final gentle toss to work in the spring onion. Serve straightaway on a platter.

GOOD TO KNOW low cal • vit c • 1 of 5-a-day

PER SERVING 398 kcals • fat 14g • saturates 1g • carbs 45g • sugars 7g • fibre 5g • protein 20g • salt 2.7g



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recipes AILSA BURT & MELISSA THOMPSON *photographs* ELLA MILLER

**Saturday
brunch with
friends**



Cardamom, rhubarb
& ginger French toast
traybake

Make an
impressive
Friday night
dinner

Mushroom, leek
& miso spelt
galette

Cardamom, rhubarb & ginger French toast traybake

Full of flavour and perfect for a sweet, make-ahead brunch, this traybake can be served straight from the dish.

SERVES 4-6 **PREP** 15 mins plus 1 hr chilling **COOK** 25 mins **EASY** **V**

flavourless oil, for the dish
200g rhubarb, trimmed and cut into 2cm pieces
2 tsp vanilla bean paste
1 large orange, zested and juiced
125g golden caster sugar
¾ tsp ground cardamom
½ tsp ground cinnamon
1 lemon, zested
3 balls of stem ginger, finely chopped, plus 3 tbsp syrup from the jar
4 eggs, beaten
150ml whole milk

100ml double cream
400g sliced brioche loaf
icing sugar, for dusting

1 Oil a deep ovenproof baking dish (ours was 20 x 30cm). Tip the rhubarb, half the vanilla, the orange juice and 1 tbsp of the sugar into a saucepan, bring to a simmer and cook for 4 mins until the rhubarb is soft but still holding its shape. Transfer to a bowl and set aside in the fridge to cool.

2 Meanwhile, put the remaining vanilla in a jug with most of the remaining sugar (reserve 1 tbsp for sprinkling over the top later), the cardamom, cinnamon, orange and lemon zests, the stem ginger along with its syrup, the eggs, milk and cream. Whisk the ingredients together, then pour half the mixture into the prepared baking dish and lightly press the brioche slices into it, then turn them once so they're

thoroughly soaked. Arrange the slices so they fit snugly in the dish. Pour over the remaining egg mixture, then dot over the cooked rhubarb and sprinkle over any cooking liquor that is left in the bowl. Cover and keep chilled for at least 1 hr or overnight.

3 Heat the oven to 180C/160C fan/gas 4. Sprinkle over the reserved sugar and bake for 20-25 mins until set and golden. Leave to rest for 5 mins, then dust with icing sugar and serve.

PER SERVING (6) 519 kcal • fat 23g • saturates 13g • carbs 65g • sugars 38g • fibre 2g • protein 11g • salt 0.8g



Using brioche rather than a plain loaf makes this traybake feel extra-indulgent, and rhubarb and ginger add a seasonal twist to the flavours.

Mushroom, leek & miso spelt galette

Miso adds a savoury punch to this tart, which is great served with a bright green salad. If making ahead, gently reheat the tart in a low oven until piping hot before serving.

SERVES 6-8 **PREP** 30 mins **COOK** 1 hr **MORE EFFORT** **V**

100g wholemeal spelt flour
100g plain flour
small bunch of thyme, leaves picked
110g salted butter, cubed
2 tbsp olive oil
2 leeks, halved and finely sliced
2 garlic cloves, finely chopped
150ml non-alcoholic dry white wine
1 tbsp white miso
400g chestnut mushrooms, sliced
200g woodland mushrooms, sliced
1 egg, beaten
25g gruyère, grated

1 Pulse both the flours, the thyme leaves and butter together in a food processor until the mixture

resembles fine breadcrumbs. Pour in 4 tbsp cold water and pulse again until a dough forms. Add another ½ tbsp water at a time until it comes together into a ball. Chill for at least 30 mins. *This can be made up to two days ahead and chilled.*

2 Meanwhile, heat half of the oil in a large frying pan over a low heat and fry the leeks with a large pinch of salt for 10-15 mins until softened. Add the garlic and cook for a couple more minutes until fragrant, then pour in the non-alcoholic wine. Turn the heat up and continue to cook until the liquid has completely evaporated, about 5 mins. Remove from the heat and stir in the miso. Season lightly, then tip out onto a plate and spread out to cool slightly.

3 Roll the pastry out between two sheets of baking parchment into a rough 30cm circle. Remove the top sheet of parchment and spread over the leek mixture, leaving a 4cm border. Slide the leek-topped pastry, still on the baking parchment, onto a large baking tray. Keep chilled

until you're ready to bake. *Will keep chilled for a day.*

4 Heat the oven to 200C/180C fan/gas 6 and put a second large baking sheet in the oven to heat up. Heat the remaining oil in a large frying pan over a high heat and fry the mushrooms with some seasoning for 10 mins until browned all over. Scatter the mushrooms over the leek mixture in an even layer. Fold the edges of the pastry over so it's just overlapping the filling mixture (this doesn't have to be neat). Brush the pastry with the beaten egg, then sprinkle over the cheese and carefully slide the galette onto the hot baking parchment onto the hot baking sheet. Bake for 30-35 mins until golden and crisp.

GOOD TO KNOW 1 of 5-a-day

PER SERVING (8) 282 kcal • fat 17g • saturates 9g • carbs 20g • sugars 2g • fibre 4g • protein 8g • salt 0.5g



We've used spelt flour in the galette to give the pastry a nutty flavour, while miso gives it an umami flavour.

Great for
an Iftar
gathering



Cumin & paprika
mutton chops with
chickpeas

**Make
Saturday
night
special**



Cumin & paprika mutton chops with chickpeas

Using mutton instead of lamb means the meat has a deeper flavour. You should be able to buy it from your local butcher.

SERVES 4 **PREP** 15 mins plus at least 1 hr marinating **COOK** 40 mins **EASY**

2 tsp smoked paprika
2 tsp ground cumin
4 garlic cloves, finely grated
8 mutton chops
2 tbsp rapeseed oil
1 lemon, quartered
handful of parsley, chopped
For the chickpeas
2 tbsp rapeseed oil
2 onions, thinly sliced
3 garlic cloves, crushed
200g roasted red peppers, thinly sliced
½ tsp ground cumin
½ tsp smoked paprika
100ml apple cider vinegar
400g can chickpeas, drained and rinsed
300ml vegetable or chicken stock

1 Mix the paprika, cumin and garlic together in a small bowl. Rub the mutton with 1 tbsp of the oil, then massage the spice mix into the meat. Leave to marinate for at least 1 hr. *Will keep chilled overnight.*

2 For the chickpeas, heat the oil in a frying pan over a medium heat and fry the onions with a pinch of salt for 10 mins until translucent but not coloured. Add the garlic, red peppers, cumin and paprika, and cook for 5 mins more. Pour in the apple cider vinegar and simmer until almost all the liquid has reduced, about 5 mins. Stir in the chickpeas and stock, and cook for another 10 mins.

3 If the chops have been in the fridge, bring them up to room temperature for up to an hour before cooking. Heat the oven to 180C/160C fan/gas 4. Heat the remaining oil in an ovenproof frying pan over a medium heat. Scrape any excess marinade from the chops, then fry fat-side down, holding the chops with tongs, to render the fat. Once the fat has started to colour

and crisp at the edges, fry the chops on one side for 2 mins. Turn over and repeat, then transfer the pan to the oven and cook for 8-10 mins, or until the mutton has browned and the fat has rendered, but the inside is still a little pink. Remove from the oven and leave to rest for 5 mins.

4 Stir three-quarters of the parsley into the chickpeas, then spoon onto a serving platter. Arrange the chops on top and garnish with the remaining parsley and the quartered lemon.

GOOD TO KNOW fibre • vit c • iron • 2 of 5-a-day
PER SERVING 774 kcal • fat 52g • saturates 19g •
carbs 20g • sugars 8g • fibre 8g • protein 49g •
salt 1.4g



Mutton tends to be cheaper than lamb and it's a cut often used by chefs, because it has great depth of flavour and lots of fat as the animal has had time to mature.

Hake with brown butter, chard & hazelnuts with orzo

SERVES 4 **PREP** 15 mins
COOK 35 mins **EASY**

4 tbsp rapeseed oil
1 onion, finely chopped
1 carrot, finely chopped
1 celery stick, finely chopped
1 garlic clove, crushed or finely grated
1 thyme sprig
150g unsalted butter, plus 1 tbsp
400ml vegetable stock
300g orzo
200g chard, stalks trimmed
50g blanched hazelnuts
4 skin-on hake fillets
100g mascarpone
½ lemon

1 Heat half the oil in a lidded frying pan over a medium heat and fry the onion, carrot and celery for 15 mins. Add the garlic, thyme, 1 tbsp butter and some seasoning, and cook for

another 5 mins. Add the stock and the orzo, then cover and simmer for 15-20 mins until the orzo is tender. Remove from the heat, then remove and discard the thyme. Arrange the chard on top of the orzo, cover again and leave the leaves to steam in the residual heat.

2 Toast the hazelnuts in a dry frying pan over a medium heat for 5 mins, then remove from the heat and leave to cool slightly. Roughly chop.

3 Pat the hake dry on both sides, and season the skin with a pinch of salt. Heat the remaining oil in a non-stick ovenproof frying pan over a medium heat and fry the hake, skin-side down, for 4 mins without turning – when ready, it should move in the pan easily without sticking. Turn the fillets over and cook for 2-4 mins until just cooked through and lightly golden.

4 Wipe out the pan and melt the 150g butter over a medium heat. Keep an eye on it – it will bubble and turn golden brown, but don't let it burn. As the bubbles subside and

the butter begins to smell nutty, remove from the heat and immediately pour into a heatproof bowl. Set aside.

5 Divide the orzo between four bowls and arrange the chard leaves around the edge of each one. Spoon over the mascarpone and top with the hake. Squeeze over the lemon, drizzle over the brown butter and top with the chopped hazelnuts. Serve immediately.

GOOD TO KNOW fibre • vit c • 1 of 5-a-day
PER SERVING 1,021 kcal • fat 68g • saturates 31g •
carbs 65g • sugars 8g • fibre 6g • protein 34g •
salt 0.9g



Brown butter is easy to make, and brings an extra-special touch to your cooking. Its nuttiness enhances the flavour of the hazelnuts, too.

NEXT LEVEL

Steak sandwich

Juicy red meat is offset by sweet and tangy onions, plus a gentle hit of horseradish for a winning sarnie

recipe BARNEY DESMAZERY photograph MIKE ENGLISH

SERVES 2 PREP 10 mins COOK 12-15 mins MORE EFFORT

GARLIC BREAD

Turn the bread into more of a bruschetta than simple toast by griddling it then rubbing with garlic for extra flavour.

WHY

Like a burger, what you put in your steak sandwich is a personal choice, but there are some fundamental elements that are essential to hold it all together. Here we've chosen some of beef's best friends, such as onions, mustard and horseradish to complement the sandwich. We've thought about the best bread and cut of steak to stop things spilling out, as well as what provides the best flavour. When you get it right, a steak sandwich is just about the best sandwich there is.

WHAT TO BUY

- 1 large ciabatta, halved
 - 3 tbsp olive oil
 - 1 garlic clove, halved
 - 2 x 200-250g sirloin steaks, trimmed of outer fat
 - 1 tsp red wine vinegar
 - 1 red onion, cut into 6 thick slices
 - 100g stilton, crumbled (optional)
 - 1 tomato, sliced
 - 2 handfuls of watercress or rocket
 - 6 Little Gem leaves
- For the sauce**
- 2 tbsp mayonnaise
 - 1 tbsp Dijon mustard
 - 1-2 tsp horseradish sauce

A HINT OF ACIDITY

Rubbing the steak with a red wine vinegar helps season it, and adds flavour to the juices it releases as it rests on the bread.

A NEW LEAF

Not all salad leaves are equal and we've purposely chosen to go with two types for their different merits. Little Gem brings crunch and succulence, and watercress or rocket bring peppery flavour.

SPECIAL SAUCE

We've whipped up a sauce of some of the best condiments for beef – namely mustard and horseradish, – mellowed with spreadable, creamy mayonnaise. Ours isn't too fiery so if you like horseradish heat, do add more to suit your taste.



THE RIGHT CUT

As you won't be using a steak knife, you need a cut that's tender enough to bite through easily without pulling the rest of the steak with it and that still packs flavour – for us that's a thin-ish trimmed sirloin. If sirloin breaks the budget, then a battered out rump is a good option, too.

BEST BREAD

Sliced bread doesn't make the cut when it comes to a steak sandwich. You need a loaf surrounded by crust that's not going to fall apart when soaked in meat juices, which is why we've chosen ciabatta.

HOW TO MAKE IT

1 Mix all the sauce ingredients together with a good grind of pepper and a pinch of salt and set aside. Put a griddle pan over a high heat. Drizzle the cut side of the bread with 1 tbsp of the olive oil and griddle, pressing the top of the bread down, until the cut side is toasted and lightly charred in places. Remove from the griddle and rub the toasted side of the bread with the cut garlic. Spread the bottom slices of the bread generously with the sauce.

2 Keeping the griddle over a high heat, rub the steaks with the vinegar, then generously season with salt and pepper and drizzle with 1 tbsp of the oil. Get your extraction fan going or open the back door or window and griddle the steaks on high for 1-2 mins on each side for rare-medium or 3 mins on each side for cooked through. As soon as the steak is done to your liking, lift onto the sauced slice of bread to rest and for the bread to soak up the juices.

3 Meanwhile, drizzle the onions with the rest of the oil, then griddle, pressing them down with a spatula for 3 mins on each side until charred. Lift them off and separate them into rings over the steaks, then crumble over the cheese, if using. Lay the tomato slices over followed by the watercress or rocket, then finally the Little Gem leaves. Spread the top slices of bread with the rest of the sauce and close the sandwiches with them. Press down lightly, cut in half, if you like, and serve.

GOOD TO KNOW calcium • folate • fibre • vit c • iron •
2 of 5-a-day

PER SERVING 1,166 kJ • fat 63g • saturates 21g • carbs 76g •
sugars 12g • fibre 7g • protein 69g • salt 3.5g

BEST TO REST

By leaving the steak to rest on the bread and using a robust loaf like ciabatta, we're letting all the flavoured meat juices soak into the bread without it falling apart.

SAY CHEESE

Cheese with steak isn't to everyone's taste (though it's a must in an American steak sandwich) but we love the spiky tang of blue cheese with beef.

BEEF AND ONION

Beef loves onions, but rather than the overpowering flavour of sliced raw onions, we're griddling them in the beef juices to caramelise and impart some of the meaty flavour before they go into the sandwich.



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Get the party started

Inspire the next generation of bakers with these treats for sharing from *Bake Off* winner **Peter Sawkins**

recipes PETER SAWKINS *photographs* SUSIE LOWE



Peter Sawkins, an accounting and finance student at the University of Edinburgh, is the youngest-ever winner of *The Great British Bake Off*. A passionate baker since childhood, he credits the show as one of the reasons he embarked on his culinary journey. His new book, *Peter's Baking Party* (Black & White Publishing), is out now. @peter_bakes



Fluffy pancakes

This is a go-to pancake recipe for a breakfast treat on the weekend, or to serve for 'breakfast for dinner', as a way of switching up your evening meal.

MAKES about 12 medium pancakes

PREP 5 mins **COOK** 20 mins **EASY** **V**

250g self-raising flour

1½ tsp baking powder

30g caster sugar (optional)

2 eggs

250ml milk

50g butter, plus extra for frying
vegetable oil, for frying
crispy bacon and maple syrup,
to serve (optional)

1 Tip the flour, baking powder, sugar and ½ tsp salt into a mixing bowl. Add the eggs and milk, and whisk until combined into a batter – it doesn't have to be very smooth.

2 Melt the butter in the microwave in a heatproof bowl or jug, then drizzle this into the batter while whisking until just combined.

3 Melt a knob of butter and 1 tsp oil in a large frying pan over a medium heat. When the butter is frothy, add the batter into the pan – use about 4 tbsp for each pancake, leaving some space between them. Cook on one side for 3 mins, or until lots of bubbles have appeared on the surface and popped. Flip and cook on the other side for 1 min more.

4 Repeat with the rest of the batter, more butter and oil. If the pan starts to smoke, carefully wipe out the old butter and oil with kitchen paper before cooking the next batch (you can ask a grown-up to do this for you).

Stack the cooked pancakes on a plate and cover to keep warm while cooking the remaining pancakes. Serve in stacks with bacon and maple syrup, or other toppings of your choice.

PER SERVING 153 kcals • fat 7g •
saturates 3g • carbs 19g • sugars 4g •
fibre 1g • protein 4g • salt 0.7g



Pear cake

At this time of year, it's nice to cook and bake things that are warming and comforting, like this spiced cake.

SERVES 8-10 PREP 20 mins
plus cooling **COOK 30 mins**
EASY V

225g softened butter, plus
extra for the tin
225g light brown soft sugar
225g self-raising flour
1½ tsp baking powder
2 tsp ground cinnamon
4 eggs

For the filling and topping

397g can pears
150g mascarpone
300ml double cream
50g light brown soft sugar
icing sugar, for dusting
1 fresh pear slice (about ½cm thick),
to decorate

1 Heat the oven to 180C/160C fan/gas 4. Butter the bases of two 18cm round cake tins and line with baking parchment. Beat the butter and sugar together using an electric whisk until light and fluffy. Add the flour, baking powder, cinnamon, eggs and ½ tsp salt, and mix until just combined.

2 Divide the batter between the tins, level the surfaces and bake for 25-30 mins until a skewer inserted into the centre comes out clean. Leave to cool in the tin for a few minutes, then turn out onto wire racks to cool completely.

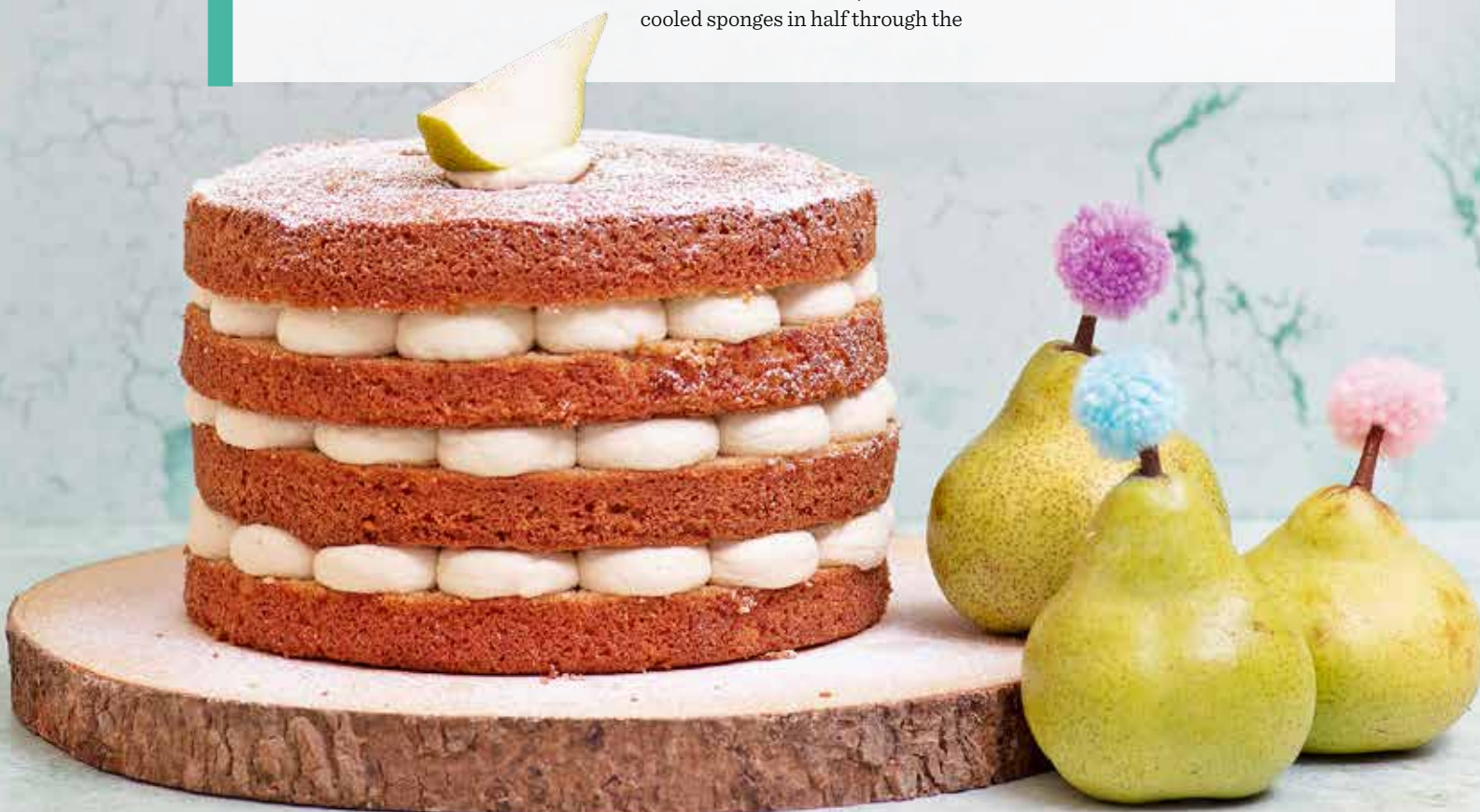
3 For the filling, drain the canned pears in a sieve set over a bowl, reserving the juice. Tip the mascarpone, cream and brown sugar into a bowl, and whisk with an electric whisk until the mixture is just holding its shape, but is still soft. Spoon into a piping bag.

4 To assemble the cake, cut the cooled sponges in half through the

equator. Put one sponge on a cake plate or board. Brush over some of the reserved pear juice. Snip off the end of the piping bag and pipe some cream over the middle, then spread into a thin layer. Pipe blobs of cream around the edge. Arrange a third of the canned pear slices in the middle, then top with a second sponge. Repeat with the rest of the ingredients, finishing with the final sponge.

5 Dust the top of the cake with icing sugar, pipe a final dot of cream over the middle, then top with the fresh pear slice. Cut the cake into wedges to serve. (If you aren't serving the cake straightaway, sprinkle some lemon juice over the fresh pear slice to prevent browning.) *Will keep chilled for up to two days.*

PER SERVING (10) 616 kJ • fat 43g • saturates 27g • carbs 48g • sugars 31g • fibre 2g • protein 6g • salt 1.2g



Monkey bread

Monkey bread is all about being a little messy and uneven. It's made with small balls of sweet dough rolled in butter and cinnamon sugar. They bake together to create a single loaf that you can pull apart and share.

SERVES 8-10 PREP 40 mins
plus at least 1 hr 15 mins proving
and cooling **COOK 40 mins EASY V**

40g softened butter, plus extra
for the tin
425g strong bread flour
2 tsp fast-action dried yeast
40g caster sugar
200ml milk
1 egg, lightly beaten
For the coating
100g unsalted butter
150g light brown soft sugar
1 tsp ground cinnamon

1 Butter the base of a deep 18cm cake tin and line with baking parchment. Tip the butter, bread flour, yeast, caster sugar, milk, egg and 1 tsp salt into a bowl, and stir together with a cutlery knife until you have a rough, shaggy dough.

2 Tip the dough out onto a work surface and knead for 10 mins until it's less sticky and smooth. Return to the bowl, cover and prove in a warm place for 30 mins.

3 For the coating, melt the butter in a small heatproof bowl in the microwave. Set aside to cool slightly. Combine the brown sugar and cinnamon, then divide between two bowls. (You need two to stop the coating from clumping up too much when rolling the dough in it.)

4 Tip the proved dough out onto the work surface, flatten into a disc and cut into four pieces. Roll each piece into a long log, and cut 10-15 small

pieces from each log using a bench scraper or cutlery knife. You don't need to be precise about the size of these pieces – they can be rough.

5 Roll each piece into a ball, then dip in the melted butter, letting the excess drip off, and toss in the cinnamon sugar (start with one bowl, then move to the second once the mixture becomes too clumpy). Arrange the coated dough balls in the tin, starting from the edge and working inwards until it's filled. There can be gaps between the dough balls, but try to ensure the top is fairly level when finished.

6 Cover the tin and leave to prove in a warm place for 45 mins-1 hr 30 mins until doubled in size – it should be sitting a little under the edge of the tin.

7 Heat the oven to 180C/160C fan/gas 4. Bake the monkey bread for 40-45 mins with a roasting tin on the shelf underneath until deep golden and hard when tapped on top. (The roasting tin will catch any butter that may drip over the edge.)

8 Leave to cool in the tin for about 10 mins, then run a cutlery knife around the edge and turn the loaf out while still warm. Be careful, as the tin will be hot. Leave to cool for at least 20 mins, then slice or tear apart and eat warm. Or, cool completely and serve cold. *Will keep in an airtight tin for up to two days.*

PER SERVING (10) 357 kcal • fat 13g • saturates 8g •
carbs 51g • sugars 20g • fibre 2g • protein 7g

• salt 0.8g



Lemon iced buns

Iced buns are classic British bakery treats, with sweet, soft, pillowy dough filled with whipped cream. I've added lemon curd to the filling, which lends a little zing to the bake and prevents it from being overly rich or sweet, but you could use jam or your favourite toast topping instead.

MAKES 12 buns **PREP** 20 mins
plus at least 1 hr 15 mins proving,
1 hr cooling and setting
COOK 20 mins **EASY** **V**

60g softened butter, plus
extra for the tin
600g strong bread flour
1 tbsp fast-action dried yeast
60g caster sugar
300ml milk
1 egg, lightly beaten
For the filling
300ml double cream
30g icing sugar
2 lemons, zested (optional)
250g lemon curd
For the icing
200g icing sugar
1 tbsp lemon juice, plus 2 tsp

1 Butter a 23 x 33cm tin and line the base with baking parchment. Tip the bread flour, yeast, sugar, 60g butter, milk, egg and 1½ tsp salt into a bowl, and stir until combined to create a rough, shaggy dough.

2 Tip the dough out onto a work surface and knead for 10 mins until it's less sticky and smooth. Return to the bowl, cover and leave to prove in a warm place for 30 mins.

3 Tip the dough out onto a work surface and flatten into a disc. Cut into 12 equal portions, weighing for accuracy, if you like (each piece should be about 90g). Cover with a clean tea towel to prevent the dough pieces from drying out.

4 Working with one piece of dough at a time, stretch the edge of the dough into a point, then pull it into the centre. Repeat this all around the edge, then pinch all the folds together underneath to make a tight, round bun. Flip over so the seam is on the bottom. Cup your hand over the bun, press down gently and roll your hand around over the bun to create a smoother, rounder shape. Put this in the tin,

then repeat with the remaining dough pieces, filling the tin with four rows of three buns each. Cover with a clean tea towel and leave to prove in a warm place for 45 mins-1 hr 30 mins until the buns have doubled in size and are touching each another and jiggle when the tin is gently shaken. Heat the oven to 190C/170C fan/gas 5 and bake the proved buns for 20 mins until evenly golden all over. Leave to cool completely in the tin, about 1 hr.

5 Meanwhile, make the filling by whisking the cream with the icing sugar and lemon zest (if using) to soft peaks. Tear the buns apart from one another, then split them. Spread a spoonful of the lemon curd over the base of each bun, then spread over a thick layer of the cream and sandwich with the bun tops. For the




icing, mix the icing sugar with the lemon juice until you have a thick, drizzly consistency. Spoon this over the buns, allowing it to drip over the edges. Leave to set for 30 mins before serving. *Will keep chilled for up to two days. Bring to room temperature before serving.*

PER SERVING 523 kcals • fat 20g • saturates 12g •
carbs 75g • sugars 36g • fibre 2g • protein 9g •
salt 0.9g

Rocky road

Considering how popular it is, it's ridiculously simple to prepare and takes so little time.

MAKES 12 bars **PREP** 15 mins plus at least 1 hr chilling **COOK** 2-3 mins
EASY 

75g butter, plus extra for the tin
300g milk chocolate
75g golden syrup
85g mini marshmallows (ensure vegetarian, if needed)
125g raisins
200g shortbread, crushed into bite-size pieces
icing sugar, for dusting

1 Lightly butter a 20cm square tin, then line with baking parchment, leaving some overhanging the edges. Tip the chocolate, syrup, 75g butter and $\frac{1}{2}$ tsp salt into a heatproof bowl and melt in the microwave in 30-second bursts until fully melted. Or, do this in a heatproof

bowl set over a pan of simmering water, ensuring the bowl doesn't touch the water.

2 Stir the marshmallows, raisins and crushed biscuits into the melted chocolate mixture until fully coated.

3 Tip the mixture into the prepared tin and level the surface using the back of a spoon. Chill for at least 1 hr or until fully set.

4 Once set, run a cutlery knife around the edge of the tin to release the rocky road, then pull it out of the tin using the parchment to help you. Dust with icing sugar, then cut into 12 equal bars to serve. *Will keep in an airtight container for up to three days.*

PER SERVING 338 kcals • fat 18g • saturates 11g • carbs 40g • sugars 32g • fibre 1g • protein 3g • salt 0.6g



family

celebrating
ramadan

Food writer **Mars Elkins-El Brogy** shares what you need to know about this month of reflection and celebration

Observed by millions of Muslims worldwide, Ramadan is an interesting mix of austerity and celebration. Fasting means nil by mouth from sunrise, so it's crucial to eat and drink wisely to avoid dehydration and maintain energy levels. The two main meals during this month are Suhoor (served pre-dawn) and Iftar (served at sunset). Suhoor should be a hearty meal to provide energy throughout a day of fasting.

Having a list of quick and easy-to-make dishes for suhoor is useful. Think homemade muesli oats with dates and berries or Egyptian egg salad, which contains slow-burning fava beans, rich in fibre and protein.

Iftar in many households is a feast. Quintessential Iftar dishes include stuffed vine leaves, various baked proteins cooked tagine-style, traditional soups, such as lentil and roasted tomato, as well as roast meat and kebabs.

Many eat dates to break their fast followed by milk, fruit or yogurt to kick-start the body's metabolism after fasting. Salads like tabbouleh (right) are a popular side, as they contain fruit and veg with high water content to help replenish water that's been lost.

Smoothies are popular as they're rehydrating and full of natural sugars, vitamins and minerals. Ramadan culminates in a three-day celebration of Eid al-Fitr (festival of opening the fast). In some households, sugar-coated Eid cookies or kahk, are served during breakfast.

Spring tabbouleh

SERVES 4 **PREP 20 mins**
COOK 25 mins **EASY** **V**

6 tbsp olive oil
1 tbsp garam masala
2 x 400g cans chickpeas, drained and rinsed
250g ready-to-eat mixed grain pouch
250g frozen peas
2 lemons, zested and juiced
bunch of parsley, leaves roughly chopped
bunch of mint, leaves roughly chopped
250g radishes, roughly chopped
1 cucumber, chopped
pomegranate seeds, to serve

1 Heat the oven to 200C/180C fan/gas 6. Mix 4 tbsp of the olive oil with the garam masala and some seasoning. Toss with the chickpeas in a large roasting tin, then cook for 15 mins until starting to crisp. Tip in the mixed grains, peas and lemon zest. Mix well, then return to the oven for 10 mins to warm through.
2 Tip into a large bowl or onto a serving platter, then toss through the herbs, radishes, cucumber, remaining olive oil and lemon juice. Season to taste and scatter over the pomegranate seeds.

GOOD TO KNOW vegan • healthy • low fat • calcium • folate • fibre • vit c • iron • 4 of 5-a-day
PER SERVING 613 kcals • fat 22g • saturates 3g • carbs 74g • sugars 10g • fibre 16g • protein 20g • salt none



As head of production at Islam Channel, Mars launched popular Ramadan television cooking series, *Come Iftar With Me*. Mars is also a regular contributor for *The Independent* and *Evening Standard*.



For more Ramadan recipes, visit bbcgoodfoodme.com



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SKILLS FOR LIFE

KIDS' KITCHEN

In this six-part series, we help teach your children to become confident cooks. This month, all they need to know about baking

recipes CASSIE BEST **photographs** WILL HEAP

HOW TO USE OUR GUIDE

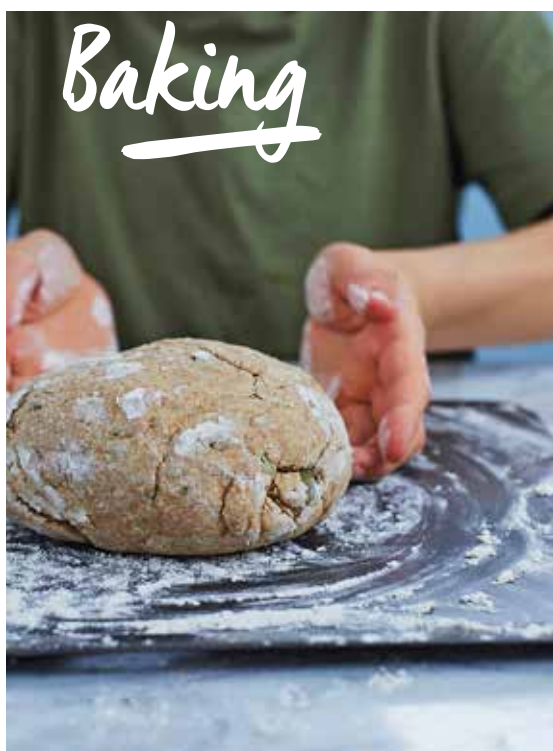
These recipes are suitable for children aged seven to 11, but younger children can also get involved with support from an adult. Older children and teenagers can also enjoy making these recipes, and may want to adapt or further develop them, swapping in their favourite ingredients or adding extra spices to make them their own.

The step-by-step recipes come with clear lists of ingredients

and equipment so they're easy to follow, and there are three to support each new skill: a basic recipe, one that's more of a challenge and another for advanced mini chefs. Talk through and practice the cooking skill with your child before making the dishes.

Follow this collection of monthly recipes as you would a cookery course, making each recipe with your child to help develop their skills and confidence.

Part 4



Lots of kids love to bake. Making food you enjoy eating with family, including cakes and other sweet treats from time to time, is all part of learning to love food and cooking, and feeling confident in the kitchen. Once you've mastered how to use an oven safely and correctly, crusty loaves, pizzas, pies and cakes are all just a recipe away. You can then try roasting meat and veg, which we'll cover next month.

Steps to success



- To bake, you can use a fan (usually indicated by a picture of a fan on the oven controls) or convection oven setting (usually a picture of two horizontal lines) and an electric or gas oven – our recipes give the correct temperatures for all these settings and oven types.

- When baking, heat the oven at the beginning of the recipe

to give it time to reach the correct temperature.

- Most foods should be baked on an oven rack in the centre of the oven, unless the recipe states otherwise. Check your oven rack is positioned correctly with enough space above for the tin to fit before you turn the oven on.

Kitchen kit

Oven gloves These are essential for protecting your hands when handling hot tins and trays. Look for thick gloves that fully cover your hands and, ideally, part of your wrists and arms. Use oven gloves when putting anything in or taking anything out of a hot oven.

Baking trays Thin baking trays can warp and bend in a hot oven. Look for a nice sturdy tray, but make sure it's not too heavy for you to lift in and out of the oven.

Cake tins You'll need a variety of shapes and sizes; our most-used tins are a round 20cm cake tin with a loose bottom (or two of these if you want to make sandwich cakes),

square or rectangular brownie tin, 900g loaf tin and muffin tin.

Reusable cake tin liners These make lining tins a piece of cake, and you can buy round and rectangular liners in cookware shops or online.

Weighing scales Baking is a science. Ingredients react to each other when heat is applied, creating air bubbles that make cakes and bread rise – getting measurements wrong will affect the end result.

Wire racks These allow baked foods to cool quickly by letting the air circulate around them. They can also prevent steam, which may cause a soggy base.

How to line a cake tin

Lining a cake tin is a little bit like doing origami – it can be a little tricky at first, but you'll soon get the hang of it. We do it to prevent cakes from sticking to the tin.

First, brush the cake tin with a little oil or soft butter – this will help keep the baking parchment in place.

For a round tin, put the tin or the base from the tin on the baking parchment and draw around it, then cut it out. To line the sides, use the offcuts. Fold the strips of parchment at the bottom and snip on a diagonal to get a fanned effect that will sit neatly in the tin.

For a loaf tin, use a pencil to mark out a strip that's longer than the tin, so the parchment can also act as handles for lifting the cake out. You can also line the sides if you want to be extra careful – cut out two strips and fold down the corners.

BASIC SKILL

Seedy rosemary soda bread



FLAVOUR TWISTS

Chilli cheese

If you like a bit of heat, add **1 tsp chilli flakes** and **50g grated mature cheddar**

Tomato & basil

Add **1 tbsp tomato purée** and a **handful of chopped basil**

Raisin & orange

Add **50g raisins** and the **zest of 1 orange** for a sweeter loaf that's perfect for breakfast

MAKES 1 loaf **PREP** 20 mins
COOK 35 mins **EASY** V

300g plain white flour, plus extra for dusting
200g plain wholemeal flour
25g butter
5 rosemary sprigs
50g mixed seeds (we used a mix of sunflower, pumpkin and linseed)
2 tsp bicarbonate of soda
275ml milk (dairy or oat)
2 tsp lemon juice
You'll also need
baking tray
weighing scales
mixing bowl
chopping board
sharp knife
teaspoon measure
measuring jug
citrus juicer
oven gloves
wire rack

GOOD TO KNOW •
low fat

PER SERVING
246 kcals • fat 6g •
saturates 2g •
carbs 38g •
sugars 2g • fibre 4g
• protein 8g •
salt 1.1g

Use the
method
opposite

Step 1

Heat the oven to 200C/ 180C fan/gas 6 and sprinkle a large baking tray with a little flour. If you have digital scales, put your mixing bowl on the scales and set them to zero. Weigh the plain flour, then the wholemeal flour into the bowl.

Step 3

Pick the soft leaves off the woody rosemary stalks and put the stalks in the food recycling. Use a sharp knife to chop the rosemary leaves into small pieces on the chopping board and add these to the mixing bowl.

Step 5

Use a teaspoon measure to measure out the bicarbonate of soda, then add 2 tsp in total to the bowl. Next, measure 1 tsp of salt and add this, too.

Step 7

Use a citrus juicer to juice the lemon into a bowl or cup, then use the teaspoon measure to measure 2 tsp of juice. Add to the milk and mix.

Step 9

In the bowl, use your hands to shape the dough into a ball – use a little more flour if the dough feels very sticky. Tip out the dough onto the baking tray. Wash and dry your hands. Dust the dough with flour and pat it gently into a neat ball shape.

Step 2

Weigh the butter. Put a chopping board on your work surface. Chop the butter into little cubes. Add this to the flour in the bowl. Use your fingertips to rub the butter into the flour until you can't see any little lumps.

Step 4

Weigh the seeds and add these to the mixing bowl.

Step 6

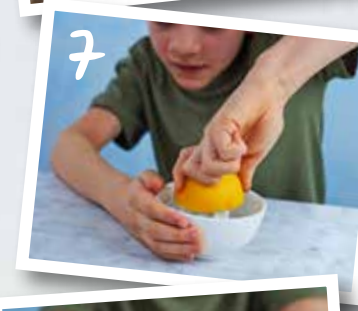
In a jug, measure the milk, making sure it comes to the 275ml line on the side of the jug.

Step 8

Pour the milk and lemon mixture into the mixing bowl. Put your hands in and mix the ingredients together until you have a sticky dough with no dry, floury patches.

Step 10

Use a knife to cut a deep cross into the top of the dough, cutting about halfway through. Put the baking tray on the middle shelf of the oven using your oven gloves – be careful, as the oven racks will be very hot. Bake for 35 mins until the loaf is golden brown, then turn the oven off. Carefully remove the tray from the oven using oven gloves and transfer to a wire rack. Leave the loaf to cool for at least 30 mins before slicing. Enjoy the loaf on the day you make it.



THE NEXT LEVEL

Pear & chocolate flapjacks

SERVES 9-12 **PREP** 10 mins

COOK 40 mins **EASY** **V**

150g butter, plus extra for the tin
150g light brown soft sugar
4 tbsp honey
300g porridge oats
4 pear halves in juice, from a can
100g dark chocolate, melted

You'll also need

pastry brush
20 x 20cm square baking tin
baking parchment
weighing scales
large saucepan
measuring spoons
wooden spoon
large mixing bowl
can opener
sieve
kitchen paper
chopping board
knife
oven gloves
wire rack
small heatproof bowl

1 Heat the oven to 200C/180C fan/gas 6. Brush a 20 x 20cm square baking tin with butter, then line with two strips of baking parchment (find out how on page 48).

2 Weigh the butter and sugar into a large saucepan. Add the honey and a pinch of salt. Put the pan on the hob and turn the heat to medium. Stir carefully while the butter and sugar melt. Once it's bubbling, turn off the heat and leave to cool for 5 mins.

3 Meanwhile, weigh the oats into a large mixing bowl.

4 Open the can of pears and drain off the liquid through a sieve (save the liquid for another recipe, see opposite). Dry the pears using kitchen paper, then chop them into small pieces. Add the pear pieces to the oats.

5 Carefully pour the melted butter and sugar mixture into the bowl with the oats and pears. Stir until well combined.

6 Tip the mixture into the lined baking tin and press down with the back of your spoon to make a flat, even surface. Use oven gloves to

carefully put the tin in the oven on the middle shelf. Bake for 25-30 mins until golden brown.

7 Wearing oven gloves, carefully remove the tin from the oven and put on a wire rack.

8 Break the chocolate into small pieces and put in a small heatproof bowl. Microwave for 30 seconds, then stir and microwave for 15 seconds more, or until the chocolate has melted. Drizzle the chocolate over the flapjacks. Leave to cool completely, then remove the flapjacks from the tin and cut into nine or 12 pieces.

PER SERVING 320 kcals • fat 16g • saturates 9g
• carbs 39g • sugars 21g • fibre 3g • protein 4g
• salt 0.3g



Using a microwave

A microwave is a handy piece of kit to use for reheating or defrosting food, but you can also cook whole dishes in a microwave like macaroni cheese, chocolate cake and scrambled eggs. Make sure you only ever use microwave-safe plates and dishes (this is often labelled on the underside of the plate or dish), and never put metal (like a piece of cutlery) in the microwave.

Don't waste it

Save the juice from the can of pears (plus any leftover pears) for another recipe. You could use these to make overnight oats or a smoothie.

CHALLENGE YOURSELF

Blackberry victoria sponge

SERVES 12 **PREP** 20 mins

COOK 25 mins **EASY** **V**

200g butter, softened, plus
extra for the tin

200g caster sugar

1 tsp vanilla extract

4 eggs

200g self-raising flour, plus
extra for dusting

250ml double cream

1 tbsp icing sugar, plus extra
for dusting

250g blackberries

You'll also need

pastry brush

2 x 20cm round loose-bottomed
cake tins

baking parchment

cloth

large mixing bowl

weighing scales

measuring spoons

electric whisk

small bowl

spatula

oven gloves

skewer

wire rack

measuring jug

small sieve or icing shaker

1 Heat the oven to 190C/170C fan/
gas 5. Use a pastry brush to brush
two 20cm round cake tins with a
little butter, then line with baking
parchment.

2 Put a clean cloth under a large bowl
– this will keep it steady as you mix.
Weigh the butter, caster sugar and
vanilla extract into the bowl.

3 Make sure the whisk attachments
are fitted securely in your electric
whisk, then plug it in. Turn the whisk
to a medium speed and use it to whisk
the ingredients together for 2 mins, or
until they look smooth and creamy.
Make sure you keep your fingers away
from the whisk while it's turned on.

4 Crack the eggs into a small bowl.
Continue whisking the butter and
sugar and use your other hand to tip
in the eggs, one at a time. Mix for
1 min more, or until smooth.



5 Weigh out the flour and add it to
the bowl. Use a spatula to fold the
ingredients together until there are
no pockets of flour and the cake
mixture is smooth.

6 Use your spatula to divide the cake
mixture evenly between the cake tins,
then spread the mixture to the edges
and smooth the surface.

7 Use oven gloves to put the tins on
the middle shelf of the oven and set
a timer for 22 mins. When the timer
beeps, use your oven gloves to pull the
oven rack out of the oven slightly, but
leave the cakes inside – they should
be risen and golden brown. Insert a
skewer into the centre of the cakes
to check if they're cooked: if the
skewer comes out dry, they're cooked.
If there is any wet cake mixture on the
skewer, the cakes need a little longer
in the oven. If this is the case, return
them to the oven and bake for
another 5 mins, then check again.

8 Use your oven gloves to carefully
remove the cakes from the oven, put
them on a wire rack and leave to cool
for 15 mins in the tin. When cool

enough to handle, turn the cakes
out onto the rack and remove the
baking parchment, then leave
until completely cool.

9 Measure the double cream in a
jug and pour it into a large mixing
bowl. Measure the icing sugar in a
measuring spoon and add it to the
cream. Use your electric whisk to
whip the cream until it is softly
whipped, like clouds.

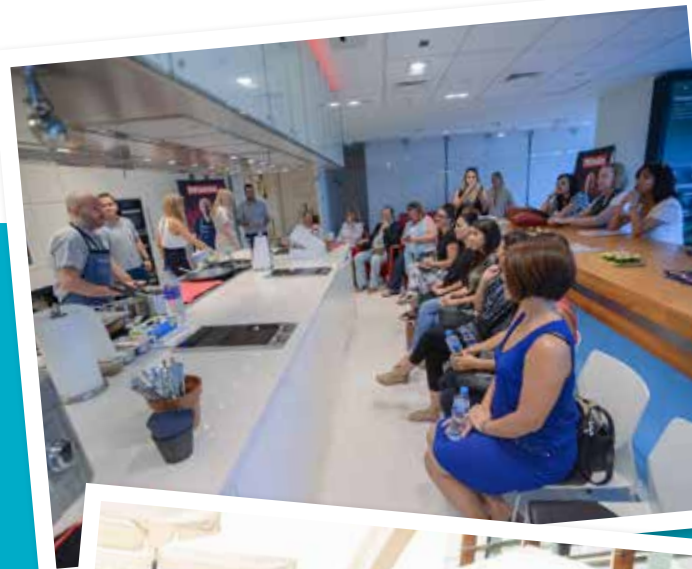
10 Put one of the cakes on a plate
or cake stand, then use a spatula or
palette knife to spread the cream
over the cake in an even layer. Put the
blackberries on top of the cream, then
put the other cake on top. Use a sieve
or icing shaker to dust the cake with
a little icing sugar. *This is best served
straightaway, but will keep in the
fridge for two days.*

PER SERVING 391 kcal •
fat 27g • saturates 16g
• carbs 32g • sugars 20g •
fibre 2g • protein 5g •
salt 0.5g

**NEXT
MONTH**
learn to
roast safely

Culinary Workshops & Coffee Mornings

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health

Delicious recipes and top nutrition tips



5 healthy ideas

■ super seeds, page 86



Hearty and wholesome

■ page 88

5 healthy ideas

super seeds

For added texture, taste and nutrients, just add a scattering to your meals

Feta & kale loaded sweet potatoes

SERVES 2 **PREP** 10 mins
COOK 50 mins **EASY** **V**

Heat the oven to 200C/180C fan/gas 6. Prick **2 small sweet potatoes** all over, put in a roasting tin and bake for 40 mins. Add a **400g can chickpeas**, drained, and roast for 10 mins more. Meanwhile, mix **1 finely sliced red onion** with **2 tbsp red wine vinegar** and a pinch each of sugar and salt. In another bowl, marinate **30g diced feta** in **1 tbsp olive oil** and a **pinch of chilli flakes**. Wilt **100g kale** in a heatproof pan using 50ml boiling water. Halve the potato and top with the chickpeas, kale, pickled onion (keep the vinegar), feta and **1 tbsp pumpkin seeds**. Toss a **handful of rocket** with the vinegar and serve.

GOOD TO KNOW healthy • low cal • calcium • fibre • vit c • iron • 4 of 5-a-day
PER SERVING 431 kals • fat 16g • saturates 4g • carbs 47g • sugars 16g • fibre 14g • protein 17g • salt 0.5g

Chia & almond overnight oats

SERVES 4 **PREP** 10 mins
NO COOK **EASY**

Tip **200g jumbo porridge oats** and **50g chia seeds** into a bowl and pour over **600ml unsweetened almond milk** and **2 tsp vanilla extract**. Soak for 5-10 mins. Crush most of **125g raspberries** into the oat mixture, reserving 16. Spoon into four tumblers, then top with **100g almond yogurt**, **250g blueberries** and the reserved raspberries. Cover and chill overnight. To serve, pour over **2 tbsp almond milk** and scatter **5g flaked almonds** over each one.

GOOD TO KNOW vegan • healthy • calcium • fibre • vit c • 1 of 5-a-day
PER SERVING 365 kals • fat 13g • saturates 2g • carbs 43g • sugars 8g • fibre 11g • protein 11g • salt 0.3g

Quick chicken hummus bowl

SERVES 2 **PREP** 10 mins **NO COOK** **EASY**

Zest and juice **1 lemon**. Mix **50g hummus** with all the zest and half the juice, plus a little water to make a dressing. Divide a **200g pouch cooked mixed grains** between two shallow bowls and toss with the dressing. Divide **150g roughly chopped spinach** over each bowl. Squeeze the remaining lemon juice over **1 halved and sliced avocado**, then divide between the bowls. Divide **1 cooked sliced chicken breast**, **100g pomegranate seeds**, **½ finely sliced red onion**, **2 tbsp toasted almonds** and **150g hummus** between the two bowls and gently mix together before serving.

GOOD TO KNOW healthy • folate • fibre • vit c • iron • 3 of 5-a-day • gluten free
PER SERVING 843 kcs • fat 52g • saturates 4g • carbs 51g • sugars 11g • fibre 15g • protein 35g • salt 1.2g

Crunchy cabbage salad

SERVES 4 **PREP** 35 mins **NO COOK** **EASY** **V**

Combine **350g shredded red cabbage**, **3 coarsely grated carrots**, **20g roughly chopped parsley**, **2 Cox's apples**, quartered, cored and sliced, a **handful of sliced radishes**, **3 tbsp toasted pine nuts**, **1 tbsp pumpkin seeds** and **2 tbsp each sunflower seeds and flaxseeds** in a large bowl. Whisk together **2 tsp grated ginger**, **1 tsp honey**, **2 tbsp lemon juice** and **4 tbsp light olive oil**, then pour into the bowl and toss everything together before serving.

GOOD TO KNOW healthy • low cal • fibre • vit c • 2 of 5-a-day • gluten free
PER SERVING 311 kcs • fat 24g • saturates 3g • carbs 15g • sugars 13g • fibre 7g • protein 6g • salt 0.1g

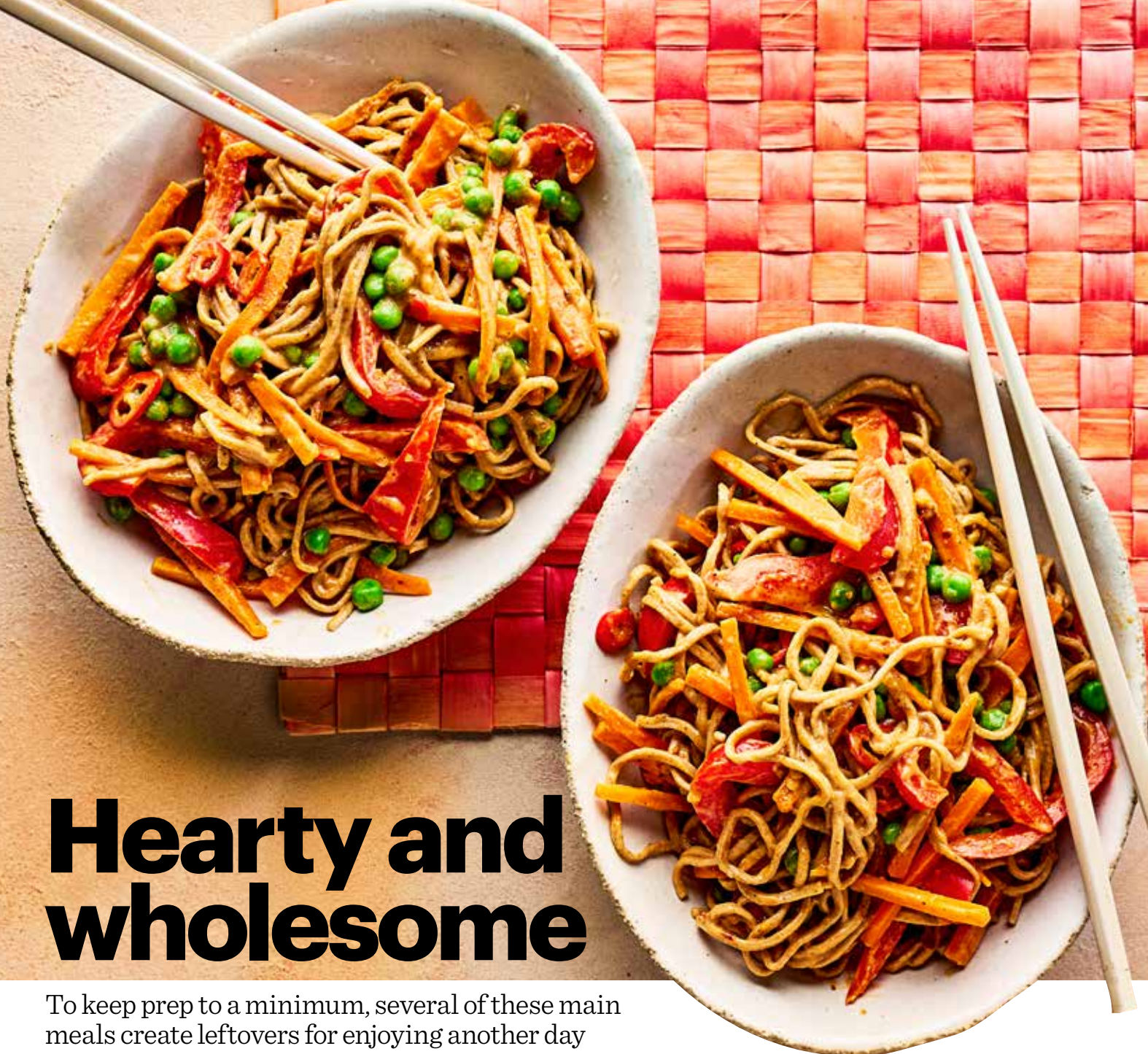
Broccoli pasta salad with eggs & sunflower seeds

SERVES 2 **PREP** 10 mins
COOK 10 mins **EASY** **V**

Boil **2 eggs** for 8 mins, then cool slightly, peel and halve. Meanwhile, boil **75g wholemeal penne** for 5 mins. Add **160g broccoli florets** and **160g trimmed and halved green beans**, and cook for 5 mins more. Drain, reserving the water, then tip the pasta and veg into a bowl and stir in **1 tbsp white miso paste**, **1 tsp grated ginger**, **1 tbsp rapeseed oil** and 4 tbsp of the reserved pasta water. Serve topped with the hard-boiled eggs and **2 tbsp sunflower seeds**.

GOOD TO KNOW healthy • fibre • vit c • iron • 2 of 5-a-day
PER SERVING 434 kcs • fat 22g • saturates 4g • carbs 33g • sugars 4g • fibre 10g • protein 22g • salt 1g





Hearty and wholesome

To keep prep to a minimum, several of these main meals create leftovers for enjoying another day

Curried noodles

You may have seen it reported that a wider variety of plant-based foods – ideally 30 per week – is the key to gut health. If that's your goal, then this is the recipe for you. Packed with wholewheat, pulses, vegetables and spices, you'll be in double numbers before you know it.

SERVES 2 **PREP** 15 mins
COOK 20 mins **EASY** **V**



150g dried wholemeal noodles
2 tsp rapeseed oil
1 red pepper, halved deseeded and thinly sliced

1 carrot, cut into matchsticks (about 90g)
1 tbsp finely chopped ginger
3 garlic cloves, finely chopped
1 chilli, deseeded and finely chopped (optional)
½ tsp cumin seeds
1-2 tsp curry powder
2½-3 tbsp crunchy peanut butter
1 tbsp tomato purée
150ml vegetable stock, made with ½ tsp vegetable bouillon
100g frozen peas
½ lemon, juiced

1 Boil the noodles following pack instructions, then rinse well to ensure the strands are separate. Meanwhile, heat the oil in a wok or sauté pan over a high heat and

stir-fry the pepper, carrot, ginger, garlic and chilli, if using, for 5 mins until softened. Stir in the cumin seeds and curry powder, and cook for 30 seconds or so until aromatic.
2 Mix the peanut butter and tomato purée with the vegetable stock until smooth. Add the drained noodles to the wok along with the frozen peas, then pour in the peanut and tomato mixture and toss everything together. If it seems a bit claggy, stir in a drop more water. Squeeze in the lemon juice, toss well and serve.

GOOD TO KNOW healthy • fibre • vit c • 3 of 5-a-day
PER SERVING 522 kcals • fat 16g • saturates 3g • carbs 67g • sugars 14g • fibre 16g • protein 20g • salt 1.1g



Sardine kedgeree

If you're after an inexpensive and healthy source of omega-3, try canned sardines. You can eat the bones, too, which become crisp during cooking, and that'll help top up your calcium levels. If you'd rather not, the fillets are easy to pull apart so you can discard them.

SERVES 4 PREP 20 mins
COOK 40 mins EASY



- 2 eggs
- 3 x 120g cans sardines in sunflower oil (boned if you prefer), 2 tbsp oil reserved
- 2 onions (about 320g), finely chopped
- 1 tbsp finely chopped ginger
- 1 fresh chilli, deseeded and chopped
- 300g easy-cook brown rice
- 2 tbsp medium curry powder
- 1 tsp cumin seeds
- 650ml hot vegetable stock made with 1 tsp vegetable bouillon powder
- 400g frozen leaf spinach
- 1/3 pack coriander, chopped
- 1/2 lemon, cut into wedges

1 Boil the eggs for 8 mins, then leave them to cool enough so you can comfortably peel them. Meanwhile, heat the reserved oil from the canned sardines in a large pan and fry the onions, ginger and chilli for 10 mins, stirring frequently until softened and golden.

2 Tip in the rice, curry powder and cumin seeds, then pour in the stock. Stir well, then drop in the frozen spinach blocks, spaced apart, on top. Don't stir at this stage, just cover and leave to cook over a low heat for 15 mins. Add the sardines, then cover and cook for 5 mins more until the rice is tender.

3 Gently toss everything together with the coriander. Cut the eggs into wedges, then serve on top along with the lemon wedges for squeezing over. Serve half, then leave the remainder to cool before chilling. *Will keep chilled for up to three days. Reheat in a pan or in the microwave until piping hot (without the lemons, which are best served cold).*

GOOD TO KNOW healthy • calcium • fibre • iron • omega-3 • 2 of 5-a-day • gluten free
PER SERVING 542 kcs • fat 18g • saturates 3g • carbs 61g • sugars 6g • fibre 9g • protein 30g • salt 1.2g



Spinach & tuna omelette

Rich in nutrients and budget-friendly, eggs can be a saviour. On the day you cook this omelette, just remember to take the spinach out of the freezer in time for it to completely defrost.

SERVES 2 PREP 15 mins
COOK 25 mins EASY



- 85g wholemeal penne frozen spinach (whatever is leftover from the kedgeree; once thawed and squeezed it should be around 185-200g), roughly chopped
- 3 garlic cloves, finely grated
- 1 tsp smoked paprika, plus an extra pinch to serve
- 6 pitted green olives, sliced into rings
- 4 eggs
- 145g can tuna in spring water, drained
- 1 tsp rapeseed oil

For the salad

- 1 red onion, halved and thinly sliced
- 1/2 lemon, juiced
- 2 tomatoes, cut into thin wedges

20g feta, crumbled
a few thyme leaves, to serve (optional)

1 For the salad, put the red onion and lemon juice in a bowl and scrunch together using your hands. Set aside for the onions to soften.

2 Meanwhile, boil the penne for 12 mins, or following pack instructions, until tender. Drain and cool under running cold water, then drain again thoroughly. Tip into a bowl and mix with the spinach, garlic, paprika, olives and eggs. Fold in the tuna.

3 Heat the oil in a 20cm non-stick frying pan. Tip in the tuna, spinach and egg mixture, then cook covered over a gentle heat for about 10 mins until set. Turn out onto a plate and slide back into the pan to cook the other side for 5 mins. Serve topped with the red onions, tomatoes and crumbled feta, and sprinkle with a little extra paprika and thyme, if you like. Cut into wedges to serve.

GOOD TO KNOW healthy • low cal • calcium • folate • fibre • vit c • iron • 3 of 5-a-day
PER SERVING 486 kcs • fat 18g • saturates 5g • carbs 36g • sugars 8g • fibre 10g • protein 39g • salt 1g



Carrot & lentil soup with feta

As well as being rich in protein and fibre, lentils are a good source of B vitamins and iron. Low iron levels can reduce your energy, lower your immune defences and impact concentration. Lentils are also filling for a hearty lunch. This recipe provides three lunches, and leftovers freeze well, too.

SERVES 6 **PREP 20 mins**
COOK 35 mins **EASY** **V** *



2 tbsp rapeseed oil
3 onions, chopped (420g)

5 garlic cloves, chopped
750g carrots, sliced
1 tbsp each smoked paprika
and ground coriander
1 tbsp thyme leaves
300g red lentils
1.3 litres boiling vegetable stock,
made with 2 tsp bouillon powder
2 x 400g cans chickpeas
150g feta, crumbled

1 Heat the oil in a large pan over a medium heat and fry the onions for 10 mins, stirring frequently until starting to turn golden. Add the garlic and carrots, and cook a few minutes more, then stir in the spices, thyme and lentils.
2 Pour in the stock, then cover and simmer for 20 mins until the lentils

are pulpy and tender. Remove from the heat and roughly blitz using a hand blender – you don't want it to be completely smooth. Stir in the chickpeas and the liquid from the cans, and reheat the soup. Serve two bowls straightaway, each topped with 25g of the crumbled feta. *Leave the remaining soup to cool before keeping chilled for up to four days. Reheat in a pan over a low heat until piping hot, then scatter over 25g of the remaining feta for each portion.*

GOOD TO KNOW low cal • fibre • iron •

4 of 5-a-day • gluten free

PER SERVING 454 kcals • fat 13g • saturates 4g •
carbs 53g • sugars 12g • fibre 14g • protein 24g •
salt 1.5g



One-pot pepper pasta

This satisfying meal only requires a little effort for big flavour, and uses just one pan. If you have mushrooms left over from Sunday's breakfast, you can slice and add them here, too, if you like, plus you can also swap the pasta and bouillon for gluten-free equivalents, if needed.

SERVES 4 PREP 15 mins
COOK 45 mins EASY *



2 tbsp rapeseed oil
2 onions (about 340g),
chopped
500g 5%-fat steak mince
2 peppers, deseeded and
finely chopped
3 garlic cloves, chopped
1 tbsp thyme leaves
2 tbsp smoked paprika
400g can chopped tomatoes
2 tbsp tomato purée
800ml hot vegetable
stock, made with 2 tsp
bouillon powder
180g wholemeal penne

1 Heat the oil in a large lidded pan over a medium heat and fry the onions for 10 mins, stirring frequently until golden. Add the mince, breaking apart any lumps with a wooden spoon. Stir in the peppers and cook for 5 mins.
2 Add the garlic, thyme and paprika, and stir well. Tip in the tomatoes, tomato purée and stock, and bring to the boil. Reduce the heat and simmer, covered, for 10 mins. Tip in the penne, put the lid back on and bring back to the boil. Reduce the heat again and simmer for another 12 mins until the penne is tender. Leave to stand for 5 mins, then divide half the pasta between two plates and serve. *Leave the remainder to cool, then keep chilled for up to four days. Reheat in a pan over a low heat with a splash of water until piping hot.*

GOOD TO KNOW healthy • low cal •
fibre • vit c • iron • 3 of 5-a-day

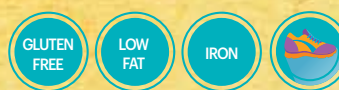
PER SERVING 454 kcal • fat 13g •
saturates 3g • carbs 44g • sugars 14g •
fibre 11g • protein 34g • salt 1g



Cod & olive tagine with brown rice

Mild in flavour, cod works well in this delicately spiced, aromatic dish. Like other seafood, cod is a useful source of iodine. Although we only need this mineral in trace amounts, it's essential for healthy thyroid function.

SERVES 4 PREP 15 mins
COOK 55 mins EASY



3 tbsp rapeseed oil
2 red onions (about 320g),
chopped
250g swede, finely chopped
2 carrots (about 200g),
finely chopped
3 strips of lemon peel,
finely chopped
4 garlic cloves, thinly sliced
1 tsp each ground cinnamon
and cumin seeds
2 tsp ground coriander
400g can chopped tomatoes
2 tbsp tomato purée
300ml vegetable stock, made
with 1½ tsp bouillon powder
12 pitted green olives,
halved lengthways
250g easy-cook brown rice

4 frozen skinless cod fillets
(about 360g)
⅓ pack of coriander, chopped

1 Heat the oil in a large pan over a medium heat and fry the onions, swede, carrots, lemon peel and garlic for 10 mins, stirring frequently. Add the spices and stir briefly.
2 Stir in the tomatoes, tomato purée, stock and olives. Cover and cook for 25 mins.
3 Boil the rice following pack instructions. Stir the tomato mixture well, then nestle in the frozen cod fillets. Cover and cook for 20 mins until the fish is cooked through. Scatter over the coriander. Serve half with half the cooked rice. *Leave the rest of the tagine and rice to cool, then keep chilled for up to three days. Reheat the tagine in a pan over a low heat until piping hot, and reheat the rice in the microwave until completely heated through.*

GOOD TO KNOW healthy • low fat • low cal •
fibre • vit c • iron • 4 of 5-a-day • gluten free

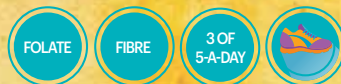
PER SERVING 428 kcal • fat 12g • saturates 1g •
carbs 56g • sugars 13g • fibre 9g • protein 19g •
salt 1.1g



Whole roast chicken with braised veg & peas

Buying a whole chicken is budget-friendly as it provides leftovers for the week. We've layered swede, potato and leeks to roast as well, and make the most of having the oven on. Swede is rich in glucosinolates – compounds that may help fight signs of skin aging.

SERVES 4 with leftover chicken breast **PREP 10 mins**
COOK 25 mins **EASY**



800g medium potatoes, thinly sliced
1 large leek (about 350g), sliced
1 tbsp thyme leaves, plus the stalks
4 garlic cloves, chopped
500g swede, thinly sliced
450ml vegetable stock, made with 2 tsp bouillon powder
1 tbsp rapeseed oil
1.3kg whole chicken
320g frozen peas

1 Heat the oven to 200C/180C fan/gas 6. Mix the potatoes,

leeks, thyme leaves, garlic and swede in a deep roasting tin. Shake into an even layer. Pour in the stock and brush the veg with the oil. Roast for 20 mins.
2 Put the thyme stalks in the chicken cavity. After 20 mins, sit the chicken on top of the veg and roast for 1 hr until cooked through. After 30 mins, check the potatoes – add 150ml water if they've started to catch. Remove the chicken to a board to rest for 10 mins. Meanwhile, cook half the peas following pack instructions.

3 Carve off the chicken legs and remove the skin, then serve with half the roast veg and the peas. *Leave the remaining chicken and veg to cool, then keep chilled for up to three days. To prepare the leftovers, remove the skin from one of the breasts, and reheat it with the veg in the microwave until piping hot. Cook the remaining peas following pack instructions. Slice the breast and serve with the veg. Use the final breast for the egg wraps (see recipe, right).*

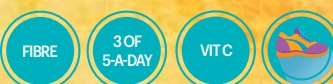
GOOD TO KNOW healthy • folate • fibre • vit c • iron • 3 of 5-a-day • gluten free
PER SERVING 555 kcals • fat 17g • saturates 4g • carbs 45g • sugars 10g • fibre 11g • protein 51g • salt 1.1g



Spiced chicken egg wraps

High-protein, low-cost and versatile, eggs have many benefits. They're the base of these wraps and the filling is so substantial, you'll need a knife and fork to eat them.

SERVES 2 **PREP 20 mins**
COOK 15 mins **EASY**



1 red onion, halved and thinly sliced
1 lemon, juiced
For the filling
400g can black beans
2 tsp tomato purée
½ tsp smoked paprika
1 tsp ground coriander
½ tsp vegetable bouillon powder
200g cooked skinless chicken breast, sliced (use what's left from the roast chicken, left)
⅓ pack coriander, chopped
2 tomatoes, cut into thin wedges

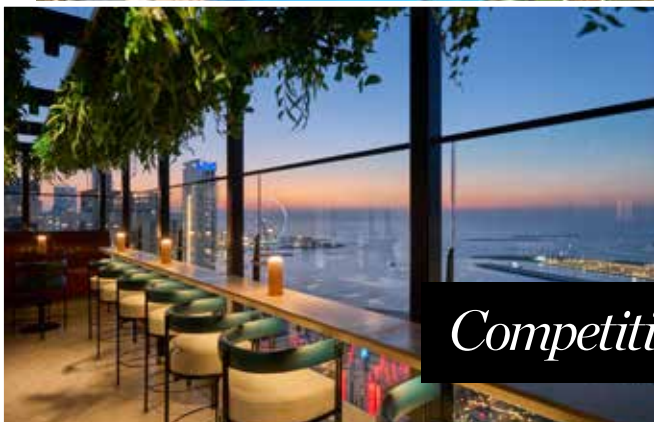
For the wraps
4 eggs
½ tsp each smoked paprika and cumin seeds
1 tsp rapeseed oil

1 Put the red onion and lemon in a non-reactive bowl and scrunch together using your hands. Set aside for the onions to soften. For the filling, mostly drain the beans, leaving a little liquid in the can. Tip into a bowl and mash with the tomato purée, spices and bouillon. Top with the chicken, cover and warm through in the microwave for 4 mins.
2 For the wraps, beat 2 eggs with ¼ tsp each of the paprika and cumin seeds. Heat the oil in a 20cm non-stick frying pan over a medium heat. Tip in the egg mix and cook undisturbed for about 5 mins until set (no need to turn it). Remove to a plate and repeat with the remaining eggs and spices.
3 Spoon the warm bean mixture down the centre of the egg wraps. Top with half the coriander, the warm chicken, tomatoes and onions, then scatter with the remaining coriander. Drizzle over any lemon juice from the onions and serve straightaway.

GOOD TO KNOW healthy • folate • fibre • vit c • 3 of 5-a-day • gluten free
PER SERVING 513 kcals • fat 18g • saturates 5g • carbs 28g • sugars 9g • fibre 13g • protein 53g • salt 1g

GOURMET LIFESTYLE

THE SUITE LIFE
MARRIOTT RESORT
PALM JUMEIRAH,
DUBAI p94



Competitions, p99

THE SUITE LIFE

Marriott Resort Palm Jumeirah, Dubai offers an unforgettable home away from home experience by the ocean









Marriott Hotels unveiled its first resort in the UAE at the iconic Palm Jumeirah and is already turning heads among residents and tourists alike with near-sold-out suites during the launch phase. Located on the Palm West Beach strip, the five-star resort showcases ten dining venues, a 75-metre pool with four Jacuzzis, a kids' club, spa, fitness centre, water sports, and more.

The luxe experience begins upon entry to the Greatroom lobby; a modern hub coupled with ocean and desert hues incorporated across its interiors, with purple flowers adding a pop of colour to the vibrant yet relaxed setting.

ACCOMMODATION

The spacious one-bedroom suite boasts spectacular views of Palm West Beach and the pool, across its two private balconies - one in the living room space which extends to the bedroom, the other boasting unrivalled beachfront views and a lounge chair, perfect for taking in sunset views of the Marina skyline. The living room space is well-equipped with a coffee station, mini bar, dining area, 55-inch TV, and modern fittings with adjustable mood lighting. A special pillow menu is also available for those who want a restful sleep, with options such as Buckwheat for contoured support, Firm for optimum sleep posture, and an Anti-allergenic for those allergic to natural fibres.

The work desk by the balcony offers everything from post-it notes to a highlighter and safety pins, just in case you need the essentials during your stay. Step into the bathroom featuring amenities such as nail care essentials, a dental care kit, bath salts, a sisal body buff and comfortable robes. Additionally, the suite has options for interconnecting rooms, ideal for family stays.

CULINARY OFFERINGS

With ten multi-cuisine dining venues sprawled across the resort, we didn't feel the need to leave during our staycation. From the renowned Señor Pico for comfort food and craft drinks with ocean views, to the American, Caribbean and Latino-inspired MYAMI Pool Bar & Lounge serving a refreshing menu either at the venue or swim-up bar, diners can choose from a selection of venues. Suite residents can access the M Club lounge for complimentary refreshments, breakfast, light bites, a grab 'n go menu, and hors d'oeuvres for the evening.

The contemporary-chic trattoria Cucina, was our dinner venue of choice. The restaurant allows diners to embark on a culinary tour across Italy, with the feel of a local trattoria - albeit a refined one - featuring an array of focaccias on display at the deli. We took our seats at the corner for an intimate dinner and were presented with an extensive à la carte menu and a bowl of fresh tomatoes and bread as a complimentary welcome. The meal commenced with Burrata di andria showcasing a fresh and creamy ball of cheese served with





oregano and tomatoes. Cucina's signature Al Tartufo, a pan-fried pizza with a blend of ricotta, spinach and truffle was served for mains - the freshly prepared dish featured a light and airy crust and was an irresistible favourite from the menu.

Intrigued to try out handmade pasta specials, we chose the Pappardelle di manzo which features flat pasta and beef ragout packed with tangy notes, that stunningly complemented the soft, thick pasta.

Dinner concluded with Chef Rizzo's gelato special from the in-house Gelateria by Cucina. The massive, decadent platter offered three gelati of our choice (Pistacchio, Cioccolato, and Mango sorbetto) with crushed nuts, cookies, and three ice cream cones, all topped with candy floss and finally drizzled with chocolate syrup.

After a stroll around the premises, we called it a night pretty early, to wake up for breakfast at the all-day dining venue Levantera, followed by a pool day.

The buffet spread inspired by Mediterranean and international cuisines includes highlights such as Shakshouka, a selection of yoghurts, pancakes, fresh pastries and breakfast staples – everything you need for a sumptuous start to the day.

FACILITIES

Saray Spa is the ultimate retreat within the resort, featuring two express rejuvenation centres, a treatment space for couples, relaxation areas, a thermal suite with sauna, hammam, steam room, Jacuzzi and ice station. Upon arrival, we were greeted with a refreshing drink that instantly cooled us down from the heat. As per the staff's recommendation, we both opted for the 60-minute Bright & luminous facial, specially designed for skin with hyperpigmentation. Using Doctor BABOR products, the therapist starts with an enzyme scrub to cleanse the skin and improve the texture before applying the bright effect mask. I enjoyed the soothing head and leg massage as the mask worked its magic, unwinding

to the calming music in the background. The mask was then removed with a warm towel, followed by a collagen booster cream for a glowing complexion. We were taken to the lounge after, for tea and condiments that added to the rejuvenating experience.

Those who want to squeeze in a workout can head to the fitness centre, located near the spa, which includes state-of-the-art equipment, group classes, personal training, and fitness programmes.

Need to keep little ones busy so you can while away with a book by the pool? Let them experience the Kids Programme with in-room amenities such as board games, or drop them off at the Kids club for activities including yoga, crafts, and karaoke.

BOOK YOUR STAY

The Palm Suite is available from AED2,165 per night. Call +9714 666 1111. Visit marriott.com/en-us/hotels/dxbpj-marriott-resort-palm-jumeirah-dubai



COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs



DINNER FOR TWO AT CITY SOCIAL, WORTH AED1,500

Celebrity Chef Jason Atherton's City Social has opened its doors at Grosvenor House, a Luxury Collection Hotel, Dubai. Indulge in a three-course dinner for two with a bottle of grape accompanied by unparalleled views of Dubai Marina, Dubai Harbour, and Palm Jumeirah for a memorable dining experience.



DINING VOUCHER AT PICKL, WORTH AED500

Launched in 2019, Pickl is renowned for its burgers, sides, and shakes. One winner will receive a dining voucher to indulge in these delish offerings including the Nashville Sando at Pickl's locations across JLT, Motor City, City Walk, Corniche, Mamsha Al Saadiyat, Time Out Market, Madinat Badr, and Al Safa.



STAYCATION FOR TWO AT HOLIDAY INN & SUITES DUBAI SCIENCE PARK, WORTH AED1,000

Holiday Inn & Suites Dubai Science Park invites two adults to a spacious one-bedroom suite inclusive of breakfast and dinner at the restaurant Kitchen25. The new community-centric hotel is designed with contemporary guest rooms operating on a no single-use plastic policy and features digital amenities in all guest rooms, suites & apartments. The suite features a living room, dining space, fully equipped kitchen, single sofa bed, separate bath, and a walk-in shower.



DINING VOUCHERS AT KA'AK AL MANARA, WORTH AED1,000

The Lebanese Bakery and Café, Ka'ak Al Manara, offers a chance to dine at the all-new venue on Al Wasl Road. Whether you're looking for Lebanese street bread, traditional Lebanese mezze or salads and homemade dishes, the venue offers a wide selection of Arabic and French flavours. Don't miss the idyllic views of Dubai's iconic landmark, Burj Khalifa, to marvel at while dining. Five winners can win an AED200 voucher each.



SEAFOOD NIGHT FOR TWO AT MARRIOTT HOTEL AL JADDAF, DUBAI, WORTH AED500

Calling all seafood lovers! Indulge in a selection of over five main courses, a live seafood station featuring king crab, lobsters, oysters, scallops, black mussels, and prawns, a selection of sushi and dumplings, grill stations, soft beverages, and plenty more. Discover the seafood night hosted every Friday with your dining partner at the hotel's all-day dining venue, The Market Place.



DINING VOUCHER AT MAKIRA, DUSIT THANI DUBAI, WORTH AED500

The Japanese rolls and bowls destination fuses flavours and techniques of traditional and modern cultures of Japan for an exquisite dining experience. Visit the spot for a quick lunch or after-work dinner with a friend or colleague and be mesmerized by the restaurant's culinary delights and signature Thai hospitality.



DINING VOUCHER AT ISSEI DUBAI, WORTH AED500

Located on the 27th floor of the Radisson Hotel Dubai DAMAC Hills, the newly opened restaurant pays homage to Peruvian and Japanese flavours. Tuck into its delectable menu featuring flavourful dishes inspired by Nikkei cuisine against the backdrop of breathtaking panoramic views of the DAMAC Lagoons and Dubai Marina.



DINING VOUCHER AT KATA, WORTH AED500

The contemporary Japanese restaurant offers a special menu brimming with dishes created from premium ingredients and Japanese precision. Dine alfresco and witness the venue's expansive outdoor terrace coupled with stunning views of the Dubai Fountains and Burj Khalifa.



To be in with a chance of winning these prizes, visit our competitions page on bbcgoodfoodme.com, or simply scan this QR code with your mobile to directly to the website.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.



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